

**Drowning in Debt?
Reach Out!**



W|B|L|I
INCORPORATED
TRUSTEE IN BANKRUPTCY

902 482 2000 • 4debtrelief.com

LAST CALL PARTY LEADERS ON WHAT'S AT STAKE

► Pages 5, 6 & 7

► For the leaders' full answers, go to metronews.ca

HALIFAX

metro

Monday, May 2, 2011
www.metronews.ca



News worth sharing.

BIN LADEN IS DEAD

► President Obama confirms terrorist was killed in operation led by Americans

Osama bin Laden, the glowering mastermind behind the Sept. 11, 2001, terror attacks that killed thousands of Americans, was killed in an operation led by the United States, President Barack Obama said yesterday.

A small team of Americans carried out the attack and took custody of bin Laden's remains, the president said in a dramatic late-night statement at the White House.

A jubilant crowd gathered outside the White House as word spread of bin Laden's death after a global manhunt that lasted nearly a decade.

"Justice has been done," the president said.

Two senior counterterrorism officials confirmed that bin Laden was killed in Pakistan last week. One said bin Laden was killed in a ground operation, not by a Predator drone. Both said the operation was based on U.S. intelligence.

Officials long believed bin Laden, the most wanted man in the world, was hiding in a moun-

tainous region along the Pakistan-Afghanistan border.

The officials spoke on the condition of anonymity in order to speak ahead of the president's statement.

The development comes just months before the 10th anniversary of the Sept. 11 attacks on the World Trade Center towers in New York and Pentagon in Washington, orchestrated by bin Laden's al-Qaida organization, that killed more than 3,000 people.

The attacks set off a chain of events that led the United States into wars in Afghanistan, and then Iraq, and America's entire intelligence apparatus was overhauled to counter the threat of more terror attacks at home.

Al-Qaida was also blamed for the 1998 bombings of two U.S. embassies in Africa that killed 231 people and the 2000 attack on the USS Cole that killed 17 American sailors in Yemen, as well as countless other plots, some successful and some foiled.

THE ASSOCIATED PRESS



► In this file image taken from a video broadcast in 1998, Osama bin Laden speaks during an interview at an undisclosed location in Afghanistan. A person familiar with developments said yesterday that bin Laden is dead and the U.S. has the body.



LASIK MYTH #3

"LASIK is still too new.
There are no long term results."

LASIK FACT

LASIK has more than
20 years of proven results.



Dr. Chris Jackman
MD, FRCSC

LASER VISION CORRECTION
Starting at

\$490

/eye*

Financing Available

LASIK MD

VISION

FREE Consultation: 1-866-999-0435
All-Laser LASIK Available

HALIFAX
1801 Hollis Street, Suite 400

* Prices are subject to change without prior notice. Prices vary based on prescription strength. Applicable to surgery on both eyes only.

NEW BUSINESS OPPORTUNITY COMES TO THE **MARITIMES!**

You don't have to be a doctor to own the business. Call us today if you want greater success, solid business opportunity and have the drive to excel in practice.

**ONE NAME,
MULTIPLE PILLARS**
OF REVENUE FOR YOUR CLINIC

Select ONE
or ALL Clinic
Options:

PAIN
CLINIC

FOOT
CLINIC

ACNE
CLINIC

MEDISPA

LASER
THERAPY

SPINAL
DECOM-
PRESSION

WEIGHT
LOSS

STOP
SMOKING

DNA
TESTING

Looking for Partners to open the following loca- tions:

- Saint John
- Fredericton
- Charlottetown
- Moncton
- Sackville
- New Glasgow

- Established Track Record
- Faster Start-up
- Low Investment
- Purchasing Power
- Proven Business Strategy
- Name Recognition
- Pre-Established Supply Lines
- Access to Proprietary Methods

- Standardized Accounting & Financial Systems
- Guidance and Site Selection
- Marketing and Advertising
- Training Programs
- Built In Support System
- Research and Development

Your patients expect and deserve the latest technology. HealthMedica utilizes the industries best, and helps your clinic stand apart from traditional offices.

Network advertising and referral network already in place across Canada
Care for your patients for the inside out and the outside in.

We leave nothing to chance. When you Succeed, We Succeed.

HealthMedica Canada

Call **1-866-260-2473** for a complete information package
Email: headoffice@healthmedica.ca Visit: www.healthmedica.ca Today!

AFFILIATED PARTNERS



Police ID HRM's latest homicide victim

Police say they have no suspects in what is already HRM's eighth homicide of 2011.

A 39-year-old woman was found suffering from serious injuries inside the hallway of an apartment at 44 Primrose St. in Dartmouth on Friday at about 8:20 p.m. She was rushed to hospital, but died shortly afterward.

Yesterday, police identified the victim as Angela Patricia Hall.

"She is known to police," said Halifax Regional Police spokesman Const. Brian Palmer. "Part of our investigation will be a victimology, which will look into her background to see if there is any information there that will help us."

"We'll also be reaching out to family, friends and associates to see if anyone can provide any information as to the incident and as to why something like this would happen."

Police aren't releasing how Hall died. They also say investigators want to speak with anyone in the area between 7:30 p.m. and 8:30 p.m. Friday.

● PHILIP CROUCHER

Homicide stats

► There were 11 homicides in HRM last year, one fewer than in 2009.

Battle. March



► Sailors and cadets follow the Colour Guard through Point Pleasant Park yesterday morning as they walk to a ceremony commemorating the 68th anniversary of the Battle of the Atlantic. More than 4,600 Canadian service men and women were killed during the longest-running battle of the Second World War.

RYAN TAPLIN/METRO

Anniversary of the Battle of the Atlantic

Tweeting election results could cost you

- Information embargo created in age of radio extends to social media users
- No results can be transmitted until all polls close at 11 p.m. local time



ALEX
BOUTILIER
@METRONEWS.CA

As polls close tonight in Nova Scotia at 8:30 p.m., 140 characters can land you in a world of trouble.

Elections Canada is reminding social media users that premature reporting of election results is against the law.

Section 329 of the Elections Act prohibits the transmission of the "result or purported result of the vote in an electoral district to the public in another electoral district before the close of all of the polling stations in that other electoral district."

In other words, you're prohibited from posting

results from Nova Scotia while the polls are still open in central and western Canada.

The ban is much more pressing in an age when journalists and the public break and react to news on social media sites such as Twitter and Facebook.

CBC reporter and blogger Kady O'Malley said she fully expects people

will break the ban, which could result in a fine of up to \$25,000.

"I think it's going to be increasingly difficult for us, for the people who have to be on air, knowing the reality that many people listening ... probably already have the answers and aren't as interested in the speculation," she said yesterday.

1

news


Victims of the American South's deadly twisters seek solace in Sunday service.

To make your voice heard, get out to vote between 8:30 a.m. and 8:30 p.m.

On the web at metronews.ca

Canada's federal party leaders make one last mad dash for votes ahead of election day. Video at metronews.ca.



Follow us on Twitter @metrohalifax

Join your community in the fight against cancer.

Every year, friends, family and colleagues across Nova Scotia come together at the Canadian Cancer Society Relay For Life to celebrate cancer survivors, remember lost loved ones and fight back against cancer. We need you to join the fight too!

Register for your local Relay For Life at cancer.ca/relay

There are 22 Relay For Life events taking place across Nova Scotia in June. Your local HRM events are:

HALIFAX, JUNE 3
Halifax Commons

THE BAY (TANTALLON), JUNE 4
Sir John A MacDonald High School

EAST HANTS, JUNE 10
Enfield/Elmsdale District Lions Club

SACKVILLE, JUNE 10
Metropolitan Field

EASTERN SHORE, JUNE 17
Eastern Shore Community Centre, Musquodoboit Harbour

DARTMOUTH, JUNE 24
CFB Shearwater



celebrate remember fight back

Invest in bike lanes: Watts

► Public consultation to follow if council approves active transportation plan ► Likely to be operating costs on top of construction cost



JENNIFER
TAPLIN
@METRONEWS.CA

It's too late to include in this year's budget, but tomorrow council will look at committing \$10 million in the future for active transportation projects.

Coun. Jennifer Watts, chair of the active transportation committee, said she would like to see \$2 million a year for five years to build corridors so people could bike or walk to work instead of drive.

There are five priority projects that could be

completed in the five-year plan, including paths to "employment centre spines" such as Burnside and Bayers Lake business parks, and investing in sidewalks — especially near schools.

These are doable projects that could be completed quickly, Watts said.

She added these trails are not for recreation, but for getting people back and forth to work, school and shopping.

"We're at a point that unless we begin to do some significant implementation and planning

"If you're going to be serious about active transportation you have to put money into it."

COUN. JENNIFER WATTS

for that in the budget, the active transportation plan will not develop further," Watts said yesterday.

Opponents on council say it's too expensive for a low priority plan.

But Watts said it's a small investment compared to what is spent on road maintenance.

Team. Work



► Terry Ambrose, front, and his RBC Almon Branch team give it their all yesterday in the third annual Pull for Parker Street at Dartmouth Crossing.

RYAN TAPLIN/METRO

Pulling together to give a lot

The Pull for Parker Street event raised thousands of dollars for the food and furniture bank.

Chopper rescues canoeist

The Joint Rescue Co-ordination Centre in Halifax says a Cormorant helicopter was sent to rescue a canoeist yesterday after he began

suffering from chest pains. Spokesman Capt. Doug Keirstead said the 66-year-old man was canoeing with two others on Big Black

Lake, about 57 kilometres northwest of Halifax. It was too remote for an ambulance to reach, Keirstead said. **THE CANADIAN PRESS**

LET THE
BUS
BACK IN
PLEASE



AS OF MAY 1, IT'S THE LAW
For more information about this law,
visit www.gov.ns.ca/tran

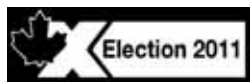
NOVA SCOTIA

Is that your best shot?

► Politicians are a thick-skinned lot, but the attacks can wear thin ► We asked the three leading candidates to respond to their rivals' hardest jabs



► Prime Minister Stephen Harper musters a smile during a campaign speech at a rally in London, Ont., yesterday.



The rap: Liberal Leader Michael Ignatieff has lived outside of Canada for a number of years and shouldn't be trusted.

The counter-punch: "I think the fact that I've lived outside the country is a reason to trust me more. I've got international experience."

"This is a prime minister who lost our seat on the Security Council of the United Nations. This is the prime minister who presided over the decline in our international prestige."

"And what is he saying here? The only good Canadian is the Canadian who's never left the country. That doesn't sound right to me."

"A Canadian is a Canadian. I'm proud of what I did overseas and I'm proud I've come back to serve."

The rap: Prime Minister Stephen Harper doesn't respect democracy.

The counter-punch: "I think the people who are out of office always say it's undemocratic. We've received two mandates from the Canadian population. We hope to receive a third and we'll accept whatever the democratic judgment of Canadians is. I think we're in this election, to a significant extent, because the other parties have simply refused to accept the democratic judgment of Canadians and are forcing election after election after election."

"We've had four elections in seven years. If we

do not have a Conservative majority government, whatever the other scenarios are, they all lead to a fifth election in the not very distant future."

"This is, I think, why Canada needs a stable majority Conservative government. So we deal with the real issues, not all these parliamentary manoeuvres, which, frankly, I think, turn the public off. Instead, parliament should focus on the economy and the real concerns of Canadians."

The rap: New Democratic Party Leader Jack Layton can't be trusted with the economy.

The counter-punch:

"First, I think the old-line parties have lost the trust of Canadians and people are asking themselves who they can trust to be on their side to focus on

the issues that concern their family."

"When it comes to offering a good balanced budget and fiscal responsibility, the party that in power has shown itself to have the best record is the NDP."

"That was a study done by the finance department and there are the very good current examples of the NDP government in Manitoba, with nine balanced budgets in a row, and the recent budget just approved in the House of Assembly in Nova Scotia, with a surplus — again, another NDP government."

"In fact, when you go to Saskatchewan, they'll tell you it's the Conservatives who leave the finances in a mess."

● **INTERVIEW QUESTIONS FOR THE 3 LEADERS WERE ASKED LIVE BY SEAN MCKIBBON, JESSICA SMITH AND JOE LOFARO OF METRO OTTAWA**

Back By Popular Demand!

LOONIE FOOTWEAR SALE

APRIL 28 - MAY 15
BUY 1 PAIR, GET THE 2ND FOR A LOONIE!

CLEVE'S Source for sports

Find us on: **facebook**

ClevesSourceforSports

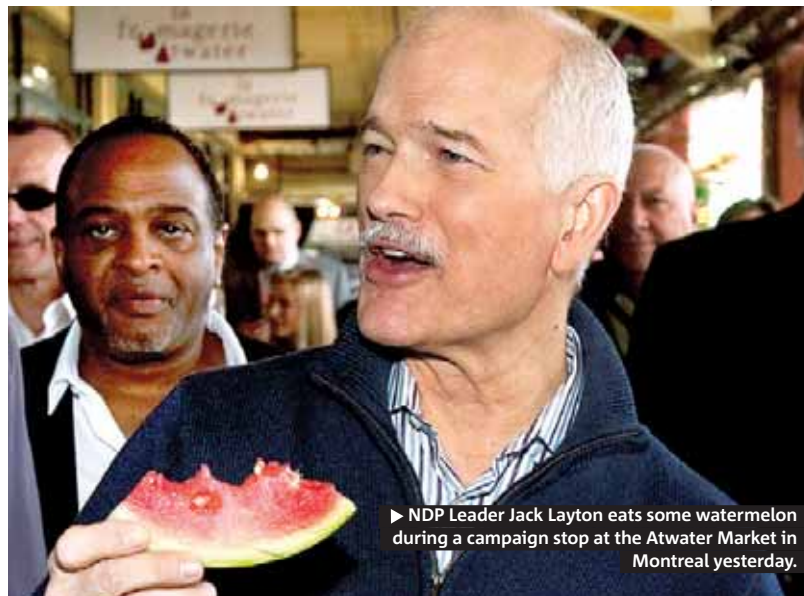
Spring Garden 420-1649	Burnside 468-3838
Bayers Lake 450-5353	Colby Village 434-0022
	Sackville 865-7183

Some restrictions apply. See in-store for details.

► Metro asked the men who have a shot at Canada's top job to be accountable to Canadians ► Here's what happened

Metro asks the tough questions

ANDREW VAUGHAN/THE CANADIAN PRESS



► NDP Leader Jack Layton eats some watermelon during a campaign stop at the Atwater Market in Montreal yesterday.



Stephen Harper

How do you feel when your supporters drown out questions from reporters at your rallies?

I've taken every question every reporter has asked me in this campaign and, you know, I obviously don't control the opinions of every single member of my party. I think that's about all I can say on that.

You said all of minority government scenarios would lead to another election. If one of the other parties wins a minority government, would you then work with other opposition parties to immediately defeat that minority government?

Well, as you know, I'm in this election to win this election. We're confident in victory. The mandate we're looking for from the Canadian people is a majority mandate, so we don't get into all of those other scenarios. All of

those other scenarios — the NDP desire to form a minority coalition, get the backing of the Liberals and the Bloc Québécois — that is unstable, that simply leads us to another election.

Jack Layton

This weekend the Toronto Sun's story saying police found you in a bawdy house massage parlour, but laid no charges as they had no evidence of an offence, came as a shock. Can you speak to the allegations and what impact this story will have on what was looking to be a fantastic showing by your party?

Well, I answered those questions in some detail (earlier) so I'm not going through it again. You'll find all of that available, you and your reporters. But this is a kind of smear politics that a lot of Canadians reject. No wonder it's hard to get people involved in politics if this completely unfounded innuendo is going to characterize what goes on in politics.

Michael Ignatieff

You've said during the campaign that the Liberals represent the only option to beat the Conservatives, to stop them from having a majority. But your party has gone down in the polls. With the level you're at, how do you expect voters to continue to see the Liberals as that and not the NDP?

Well, I just think on Monday, Canadians have got to choose a government. They've got to choose someone who's actually been in government, actually done this. The NDP has never formed a federal government in the history of Canada. We've got a choice between a Liberal platform that's costed and makes sense, with a Liberal team that has experience, versus basically more years of Harper, which is debt, deficit and mismanagement. I think these choices are becoming clear to Canadians. I don't think that people regard the NDP as a serious party of government.

● METRO OTTAWA

Everyone
I see
"likes this"
purse.

The Mic Mac Mall pursemobile will be giving out fabulous purses all over Halifax.

Where will it be next? Follow us on Twitter or Like us on Facebook to find out!




MIC MAC MALL

AÉROPOSTALE Bath & BodyWorks



► Liberal Leader Michael Ignatieff walks in the rain after a campaign stop at a delicatessen in Thornhill, Ont., yesterday.

Political leaders make their 'elevator pitch'

► Why should Metro readers vote for your party?

Michael Ignatieff:

"Vote Liberal for a moderate, centre-of-the-road government that respects the public service of Canada, respects what public servants do, won't raise your taxes, will get the deficit under control, will curb the waste and mismanagement of the Harper government and do the one thing that we absolutely have to do, which is invest in the education of our young people, from early learning and child care through the learning passport for people wanting to go to college and university.

That's the short version — basically a government that focuses on the priorities of the Canadian family ... I just think today, Canadians have got to choose a government. They've got to choose someone who's actually been in government, actually done this. The NDP has never formed a federal government in the history of Canada.

We've got a choice between a Liberal platform that's costed and makes sense, with a Liberal team that has experience, versus basically more years of Harper, which is debt, deficit and mismanagement. I think these choices are becoming clear to Canadians. I don't think that people regard the NDP as a serious party of government."

Stephen Harper:

"We're the party with the plan for the economy. Canada is coming out of the global recession faster and stronger than others. I think it's due in large part to the economic policies we've put forward and I think they're working. We have a low tax plan that is creating jobs, that is creating growth and everybody's looking at Canada frankly as the envy of the world right now and that's the path we want to keep this country on.

The alternative, at this point, has become an NDP government with a very different path, which would be massive, unaffordable spending promises to be financed by tax hikes that would stall our recovery and kill jobs and set Canadian families back. So we think the country is on the right track economically and needs to stay the course. That's the biggest single argument we're making, and the other, of course, argument we're making along the way here is that we need a Conservative majority government and if you don't get a Conservative majority government you're not sure what you're going to be getting.

So I don't think Metro readers should take the risk of an NDP government with an economic plan that is not thought out."

Jack Layton:

"Because Ottawa is broken and people in Ottawa get to see that up close and personal when they see the shenanigans in Parliament Hill, the contempt in Parliament, the bickering and attacks going back and forth.

The divisive approach to politics gets played out there and people want it fixed. They want the needs of their family at the forefront, issues like retirement security. You know that the Nortel workers know that more than anybody, but it's a concern felt by many seniors or people concerned about their ultimate retirement.

There's many people in the Ottawa-Gatineau regions who don't have access to a family doctor. This is a real crisis that needs to be addressed, and there's still a lot of unemployment in the regions around Ottawa and a plan to actually help create jobs through tax cuts to small businesses and a tax credit that we've proposed for every new job.

These practical ideas will help address the issues that people want to be addressed. Our approach is that we've got to bring change to Parliament Hill and we have the opportunity to do that on voting day." ● METRO OTTAWA



H&M BCBGMAXAZRIA the Bay

PlayStation. Data loss



► Sony Computer Entertainment President and CEO Kazuo Hirai, centre, bows along with two other executives at the start of a press conference at the Sony Corp. headquarters in Tokyo yesterday.

SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

Sony issues apology

Sony executives bowed in apology yesterday for a security breach in the company's PlayStation Network that compromised the personal data of some 77 million accounts on the online service.

Loonie at three-year high

- U.S. interest rates at emergency lows as dollar continues to slide
- Economists' predictions say 20,000 Canadian jobs added in March

An election that once seemed a snoozer has jolted investors awake on the prospect that the NDP could pick up more seats in today's federal election, which could send traders to buffer themselves from potential political uncertainty.

Prime Minister Stephen Harper delivered a dire message — about higher spending, gas prices,

Market moment

TSX



- 0.8
(13,893.6)

Dollar



+ 0.5¢
(105.65¢ US)

Oil



+ \$104 US
(+\$113.90 US)

Natural gas

1,000 cu ft

\$4.612 US

(+ 4.1¢)

Gold

contracts

\$1,560.50

(+ \$29.30)

MARKET DATA BY THE ASSOCIATED PRESS

deficits, taxes, unemployment and other economic ills — on what might hap-

pen under the New Democratic Party led by Jack Layton.

Markets appear to share at least some of his concerns, according to John Kurgan, senior markets strategist at Lind-Waldock.

"The sudden surge or increase by the NDP in the polls, that's caused a little bit of concern and it's likely that I will be busy Monday evening trading the Canadian dollar," Kurgan said.

THE CANADIAN PRESS



RBC Royal Bank®

20 minutes could save you over \$43,000 on your mortgage*. Amazing!

A short chat with one of our advisors can show you how you can start saving thousands and pay your mortgage off faster.

- Switch from monthly payments to accelerated bi-weekly payments
- Make one double-up payment each year
- Make an additional anniversary payment of \$1,000 each year
- Save with an RBC Homeline Plan® secured line of credit at 3.5% (prime + 0.5%)

Best Rate Offers RBC Homeline Plan

5 year fixed rate special offer

4.34%¹

Secured line of credit

3.50%²

Visit any of our convenient branches or speak with your local RBC Royal Bank® mortgage specialist today.
1-866-864-0420



Advice you can bank on™

*Based on a \$200,000 fixed rate mortgage at 4.34% with a 25-year amortization and a \$50,000 home equity secured line of credit at 3.5%. Savings example is calculated by switching from monthly payments of \$1,089.23 to accelerated biweekly payments of \$544.62, making one double up payment of \$1,089.23 each year and one additional anniversary payment of \$1,000 each year. (1) The interest rate is subject to change at any time without notice. Rate is effective as of April 5, 2011. This offer is available for new funds only. Funds must be advanced within 90 days of the date of application. For renewal rates please call. This offer does not apply to construction mortgages. (2) Interest rate for the line of credit is based upon Royal Bank of Canada's prime rate, plus 0.5%. Prime rate as of March 30, 2011 is 3.00% and will change as our prime rate changes and without notice. A mortgage processing fee of \$190 may apply. Personal lending products and residential mortgages are offered by Royal Bank of Canada and are subject to standard lending criteria. © Registered trademarks of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ® Trademarks of Royal Bank of Canada.

NDP SHAKES ELECTION LANDSCAPE

URBAN COMPASS

STEPHEN KIMBER
METRO HALIFAX



What a short, strange, sweet trip it's been — made all the sweeter because not a single politician, party insider, pollster, pundit or person predicted it.

Including me. My first post-election-call column was a lament that — in a campaign focused so tightly on just 50 swing ridings — the votes of the rest of us wouldn't count.

Uh, right ...

What happened? The short answer is Canadians took back their politics — on social media, in vote mobs, in their own minds. They rose up — though not the way Michael Ignatieff hoped — and told pollsters they were mad as hell and weren't going to take it anymore.

"It" was Stephen Harper and his smarmy, controlling politics of fear and loathing of any other. But it was also the Bloc Québécois and the Gilles-one-note clanking call to non.

If the NDP surge is, in part, a negative response, it is also — in perhaps larger part — a reflection of voters' hope for better.

And Michael Ignatieff, who ran a respectable campaign but couldn't escape his pre-election Tory tarring as the outsider-other, or the reality his so recently discredited Liberals represented a tired alternative that wasn't.

This negative, none-of-the-above frustration

almost certainly fed the tsunami that has swept the NDP from its nadir of 13.2 per cent in polls two weeks into the campaign to the giddy heights of official opposition, perhaps even minority government territory today.

But if the NDP surge is, in part, a negative response, it is also — in perhaps larger part — a reflection of voters' hope for better.

Jack Layton isn't new, and neither is the NDP platform.

But after 4.6 million of us watched his performance in the leaders' debate, the ground under this election began to shift seismically.

Why?

The NDP engaged Canadians in discussions about their issues, and the avuncular, unflappable Layton steered clear of the personal negatives — our attack ads, he joked, are about attacking poverty — that had become other parties' staples.

The NDP's sudden surge, of course, means its platform — and how it gets paid for — hasn't been scrutinized nearly carefully enough (although the Globe and Mail Friday trotted out 10 bank and business economists who concluded "no one appears to be shaking" at the prospect of an NDP government).

However it all turns out, Canadians have already shaken conventional political assumptions. That is reason enough to hope.

But stay tuned. This trip may not be over yet ...

Stephen Kimber is a Halifax journalist.

Get your good news fix — the one that keeps giving

NEWS WORTH SHARING

Sometimes the news is tough to take. But Canada is full of compassionate people, inspiring projects and stories worth celebrating — and that's what we're going to share here the first Monday of each month.

A study by the University of British Columbia shows that reading stories of kindness and heroism positively influences a person's desire to change the world.

Prof. Karl Aquino, lead author of the study, says, "Research shows that when people are presented with examples of exceptionally virtuous acts through stories or videos



IAN WILSON/FICKR

it can lead them to think more positively about others and want to become better people themselves."

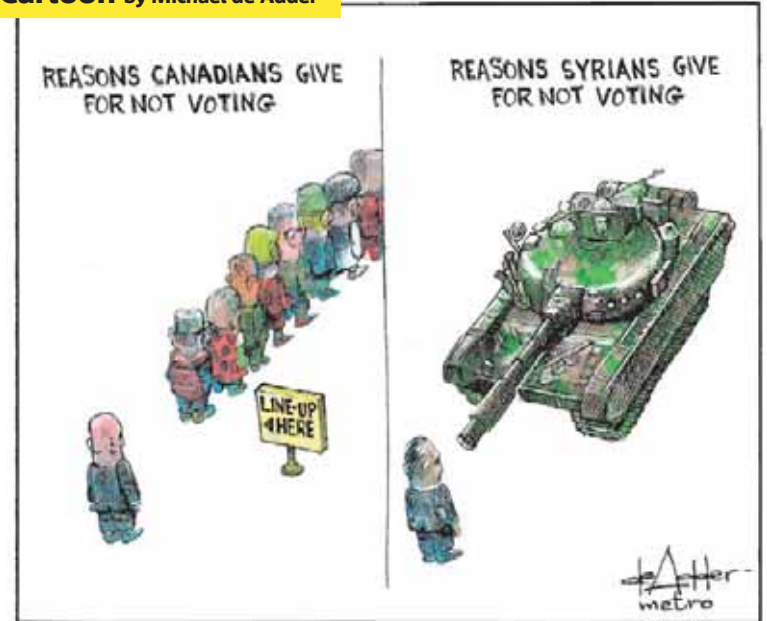
So before you are bombarded with political scan-

dals and celebrity meltdowns, get a good-news fix. Who knows what you might be inspired to do?

Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we will share them right here.

● CRAIG AND MARC KIELBURGER, CO-FOUNDERS OF ME TO WE

Cartoon by Michael de Adder



Tweets

- @braggie: Getting super excited about tomorrow! #elxn41. Are there any bars in #halifax airing coverage? Haha
- @paigemacp: I am really excited for Election Day tomorrow! Any E-Day politico bar nights going on in #Halifax?
- @EverettColdwell: My son and I saw Ignatieff in Halifax a few weeks back. Really good guy that cares a lot for Canada. He would be a great PM #elxn41
- @DveStewart Atlantic: Canada Rocks reports Metallica will play Halifax, July 14. Announcement coming Wednesday with tickets on sale May 12.
- @chloefilson: Yesterday I took my visiting parents to Peggy's Cove and it was a beautiful day. Today: #Halifax Crafters Market. Nice little holiday!
- @andforpoise: So Halifax...where are the cool places for summer employment?
- @mebuell: If you find yourself in Halifax you must eat at Chives (chives.ca). Def. the best resto in the city. Oh, & skip West Side Story at Neptune

WEIRD NEWS

Hello, this is an emergency calling

After months of enduring a leaking pipe that caused its floors to buckle and ceilings to sag, an empty house in Marblehead, Mass., somehow called police for help.

The Salem News reports the call to the emergency hotline went out to police from a house in Marblehead on Wednesday after water short-circuited the phone system,

apparently sparking the emergency call.

Officers were sent to the address after the call was recorded as a hangup and a return call got static.

Inside, they found the wreckage, including potentially toxic mould, from a pipe that apparently had burst during the winter.

Town officials say the interior may have to be gutted.

Police couldn't immediately locate owner James Cowen. His cousin, William Cowen, said he's not worried.

He says James was left financially secure by his father and often travels.

THE ASSOCIATED PRESS

2
scene

5 great car movies

► With Fast Five burning rubber in theatres, let's look back at some great car movies of the past ► What's more important, a good road trip or a chase scene?

Scene in brief



Fast Five has left the competition in the dust with an US\$83.6 million debut to grab the No. 1 spot at the weekend box office, according to studio estimates yesterday.

Universal Pictures' fifth movie in The Fast and the Furious franchise was by far this year's biggest opening. Its take was more than double the previous best of \$39.2 million for Rio, the 20th Century Fox animated hit that slipped to No. 2 with \$14.4 million.

Fast Five set a record for best April debut ever, speeding past the \$71 million haul of its predecessor, Fast & Furious, two years ago.

THE ASSOCIATED PRESS



Jay Mohr relishes Law & Order: Criminal Intent role, murder interrogation scene included



Two-Lane Blacktop (1971)

A languid, existential journey rather than a heart-pounding adventure is what makes director Monte Hellman's film so fascinating.

James Taylor and Dennis Wilson play two nameless and meandering auto racers: a driver and a mechanic, respectively. They end up in a showdown in their '55 Chevy with a big talker in a '70 G.T.O. (Warren Oates) who is named, aptly, G.T.O. Along with the girl who randomly showed up and insinuated herself in their lives, they agree to race G.T.O. to Washington.

The pervasive feeling of detachment is meant to metaphor for a national sense of melancholy at the end of the 1960s. But you're welcome to just enjoy the cars.



American Graffiti (1973)

The cars here serve as a reflection of not just who the characters are, but who they dream of becoming.

They're not just a mode of transportation but a way of life. Inspired by director and co-writer George Lucas' own youth in Modesto, Calif., this coming-of-age comic-drama follows the all-night adventures of a group of high school seniors on the brink of adulthood.

Led by Ron Howard, Richard Dreyfuss and Harrison Ford, they cruise the main drag one last time in August 1962 — joking, flirting, getting into trouble. But regardless of the setting, this is a time we can all relate to: when having a car equals freedom.



Bullitt (1968)

Peter Yates' film features what is considered one of the definitive car chases in movie history — The French Connection has another — but just having Steve McQueen as its star makes it sufficiently bad-ass.

As a cop determined to find out who killed the mob witness he was protecting, McQueen zips up and down the hilly streets of San Francisco and skids around corners in his Mustang, trying to evade a couple of gangsters in a Charger.

Sure, you could count the number of hubcaps that fly off a car and come up with a number that's greater than four. Still, the scene is shot and edited in such a clean, uncomplicated way, it's 10 minutes of pure tension.



Christine (1983)

It's a car! It's a killing machine! It's ... both! Director John Carpenter adapted the Stephen King novel — one horror master playing off another — and this tale about a bright red 1958 Plymouth Fury that does much more than get you from point A to point B remains darkly funny and deeply chilling.

Keith Gordon stars as the nerdy teenager who finds the car with plans to fix it up, but he ends up becoming the one who undergoes major changes. The car gives him confidence and makes him popular — but then she gets jealous when she realizes she can't have him all to herself. Good, silly, twisted fun.



The Fast and the Furious (2001)

And here we are, back at the beginning, with the first movie in the series. Of course it's ridiculous, but audaciously so, and that's the film's charm. By bringing underground street racing to the masses, it knows exactly what it is and revels in it.

Led by Vin Diesel, Jordana Brewster and Paul Walker, everyone's beautifully idiotic things like, "I live my life a quarter-mile at a time." The main draw, though, is the racing itself, full of souped-up cars in splashy colours. The competitions are shot and edited seamlessly. They are, hence the title, fast and furious.

THE ASSOCIATED PRESS

Carey gives birth to twins

Mariah Carey and Nick Cannon celebrated their third anniversary with another milestone — becoming parents to a baby girl and boy.

Carey's representative, Cindi Berger, confirmed the births to The Associated Press. The singing superstar gave birth Saturday at 12:07 p.m. EDT at an undisclosed hospital in Los Angeles. Berger says the baby girl was born first, weighing five pounds, three ounces, and was 18 inches long; her

brother was next, at five pounds six ounces, and was 19 inches.

Berger says the couple has not named the children yet. Cannon drove Carey to the hospital in their Rolls-Royce Phantom. Berger said the 41-year-old Carey, who had gone through false labour, was calm, thinking that it was another false alarm.

Meanwhile, the 30-year-old Cannon was so nervous he went to the wrong de-

partment at the hospital, and was guided to the maternity ward by a nurse.

"It was like right out of an I Love Lucy skit," said Berger.

Berger says they were listening to Carey's We Belong Together after the children were born.

The couple are expected to renew their wedding vows on Sunday. The pair got married in 2007 after a whirlwind romance.

THE ASSOCIATED PRESS



► Nick Cannon and Mariah Carey became parents to a baby girl and boy over the weekend.

MATT SAYLES/THE ASSOCIATED PRESS, FILE

Watson denies claims that she was bullied

► Harry Potter actress says she is not leaving Brown because of mistreatment by other students

Emma Watson, the British actress who plays Hermione Granger in the Harry Potter series, on Friday denied reports that she was bullied out of Brown University — an assertion backed up by fellow students who said that, if anything, she was shielded from being singled out.

"The reason I took a semester off from Brown had nothing to do with bullying," Watson wrote on her website. "I have never been bullied in my life and certainly never at Brown."

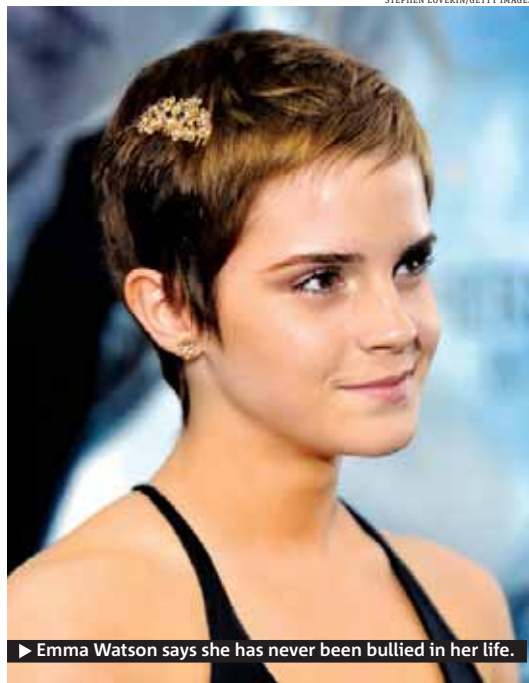
Watson said she is not sure what her plans are for the fall semester, the beginning of her third year. Like many of her "fellow Brown students," she wrote, she is considering studying abroad.

Brown has not commented on media reports this month citing an anonymous Brown "insider" who claimed Watson was bullied out of school.

A New York Daily News article posted online April 21 claimed that when Watson responded correctly to questions in class, her classmates would shout, "Three points for Gryffindor!" — a reference to the Harry Potter films, in which students' dormitory houses are awarded points for questions they answer correctly. Watson's character lives in Gryffindor.

"This '10 points to Gryffindor' incident never even happened," wrote Watson, who has denied that rumour before. "Accusing Brown students of something as serious as bullying and this causing me to leave seems beyond unfair."

The rumour that a student had once exclaimed "10 points for Gryffindor" after Watson answered a



► Emma Watson says she has never been bullied in her life.

question correctly became widespread on campus in spring 2010, the semester during which it was alleged to have happened, according to several current and recent Brown students interviewed by The Associated Press.

But, they said, it was viewed as part of Brown folklore, and students were, if anything, protective of Watson.

"We try to take care of our own at Brown, and I think we try to make sure she feels like anybody else," said Megan Estes, a Brown junior who said she doesn't know Watson but worked on the production of a campus theatre production in which the Harry Potter star acted.

Apart from the Gryffindor comment, there was little sense on campus that Brown students heckled or

antagonized Watson, said Estes and other students.

In class, students were respectful of Watson, said Bianca Dahl, a visiting professor who teaches a course on global humanitarian aid that Watson attended briefly at the start of the spring 2010 semester.

"There was an awareness of her, but in a protective way," Dahl said. "I can't fathom that faculty or students would allow bullying to happen."

Some students went so far as to approach Dahl to caution her that the actress was taking the course after she made reference in lectures to the Harry Potter books and to a humanitarian fashion line created by U2 singer Bono, she said. Watson is involved with a similar fashion line.

THE ASSOCIATED PRESS

LONG DISTANCE

LOWEST LONG DISTANCE RATES
TO THE WHOLE WORLD
GUARANTEED!



Make Long Distance and
OverSeas Calls From your
**Home or
Cell Phone**

At our **GUARANTEED LOWEST RATES!**

3.9¢/min	5.9¢/min	7.9¢/min	1.9¢/min	7.9¢/min	4.9¢/min
Bangladesh	Iran	Lebanon	Romania	Ukraine	Vietnam
Australia.....1.9¢/min	Israel.....1.9¢/min	South Korea.....2.9¢/min			
Bosnia.....13.9¢/min	Italy.....1.9¢/min	Sri Lanka.....9.9¢/min			
China.....1.9¢/min	Lebanon.....7.9¢/min	Trinidad.....4.9¢/min			
Colombia.....from 3.9¢/min	Mexico.....from 1.9¢/min	U.A.E.....14.9¢/min			
Cuba.....89.9¢/min	Pakistan.....5.9¢/min	U.K.....2.9¢/min			
El Salvador.....9.9¢/min	Philippines.....11.9¢/min	Vietnam.....4.9¢/min			
Germany.....1.9¢/min	Poland.....1.9¢/min	Serbia.....7.9¢/min			
India.....2.9¢/min	Russia.....from 1.9¢/min				

If the country you call is not on this list or our advertised rates are higher than what you are currently paying... that's no problem. Call today and we'll beat what you're paying with your current provider... **GUARANTEED!**

Unlimited Canada



Unlimited Calling to
Anywhere In Canada.

Available on your home
or cell phone

\$5
/month

1cent to India



Calling India Only
1 Cent Per Minute.

10¢ - 1000¢
Available on your home
or cell phone

1¢
/min



1-866-519-8090

comwave

www.comwave.ca

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. Rate guarantee is based on competitors lowest advertised rate for like services. Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. The India 1000 Bundle carries a monthly fee of \$2.95. Bundles cannot be shared by more than one line. Unused minutes from one month do not carry over to the next month. Minutes in excess of 1000 minutes will be billed at our lowest rate guaranteed. Calls to Overseas Mobile Phones may be billed at a higher rate. Terms and conditions apply, see www.comwave.net for details.

Tyson's tattoo giving film a bad hangover

▶ **Tattoo artist suing Warner Bros. to prevent the release of Hangover Part 2**

S. Victor Whitmill, the artist who gave Mike Tyson his famous face tattoo, is suing Warner Bros. to halt the release of the Hangover Part 2 because the movie features the tattoo on the face of Ed Helms' character, according to the Hollywood Reporter.

"When Mr. Whitmill created the original tattoo, Mr. Tyson agreed that Mr. Whitmill would own the artwork and thus, the copyright in the original tattoo," the artist's lawyers argue. "This unauthorized exploitation of the original tattoo constitutes copyright infringement."

● METRO



▶ Mike Tyson

ALL PHOTOS GETTY IMAGES

THE RODEO LOUNGE

We're Back...

Country – All Day Every Day!

Live bands every Saturday

UPCOMING ENTERTAINMENT:

<p>Friday May 13th Matt Minglewood Band</p>	<p>Friday May 20th Plenty of Fish Dance</p>
<p>Friday May 27th Julien Austin Live in Concert (John Morgan Opening)</p>	<p>Saturday June 11th Dr Hook Live in Concert featuring Ray Sawyer</p>

Newrodeo.ca • 121 Ilsey Ave • 468 6666



▶ Tallulah Willis

Willis' kid busted for booze

Tallulah Willis, the 17-year-old daughter of Bruce Willis and Demi Moore, was nabbed by police over the weekend for alcohol possession, according to TMZ.

Tallulah was among a group of three girls spotted by police exiting a car carrying bottles of booze, source say. The young women were cited at the scene for underage possession. ● METRO

NEED MONEY?

✓ No credit checks
✓ Fast approvals

Call 1-866-499-5629

And get cash now!!

www.mynextpay.com

Talking points

Whoopi getting back into the Sister Act

NOTHING LIKE REHASHING THE PAST Whoopi Goldberg is in Austria to promote Sister Act, with her trademark slapstick humour.

She slipped off her high-heeled sandals at Vienna's Ronacher Theater on Friday when she realized she would have to stand during a media preview of the musical, which opens there in September.

"I thought I was going to look good coming in and sitting down," Goldberg told a laughing audience.

She stood in her white socks until Vienna's cultural affairs official, Andreas Mailath-Pokorny, came on to give her a gift.

"Hold on, hold on. I'm going to put them back on 'cause you're too tall for me," Goldberg said.

"They look great ... just like you," Mailath-Pokorny quipped.

Goldberg starred in the 1992 movie version of Sister Act. **ASSOCIATED PRESS**

Hilton thief gets convicted

LIFESTYLES OF THE RICH AND FAMOUS A jury has convicted a man of trying to burglarize Paris Hilton's home last year.

District Attorney's spokeswoman Jane Robison says jurors deliberated for less than an hour Friday before convicting Nathan Parada of first-degree residential burglary for trying to break into the hotel heiress' home last August.

Celebrity tweets



"congrats to William and Kate ...and Kate's sister."



@Justinbieber



@RyanSeacrest

"ok important question - are you Team Harry or Team William? ok even more important question - Team Kate or Team Pippa?!"

@NickyHilton

"Why is everyone in such a tizzy about Princess Beatrice's hat at the Royal Wedding? I thought it was cute."



@KirstieAlley

"I would like to see an immediate media shift today from the glorious Royal wedding to the desperately needed help right here at home.. PLEASE"

Hilton testified this week about she and her boyfriend being awoken after Parada banged on one of the house's windows with the butt of a knife.

A defence attorney told jurors that Parada had left a halfway house days earlier and had not taken his antidepressant medication for several days.

Parada faces up to three years in prison when sentenced.

ASSOCIATED PRESS





► Laura Miller

Stay fit, like mom

► Laura Miller, director & founder of Follow Me!, a program devoted to teaching families about healthy lifestyles, shares how she keeps fit ► Who wouldn't want to look like her?



SAM D'AMATO
LIFE@METRONEWS.CA

METRO WORLD NEWS

What are your go-to healthy dinners, keeping in mind time, cost and nutrition? One of our time-saving tricks is using Sundays to bake or grill an entire week's worth of chicken or lean meats. Then throughout the week we will use them for wraps, salads, pastas, rice dishes, etc. By having a lean meat

ready to go, it saves time and makes preparing healthy meals easier.

What's your go-to snack?

Right now its Greek yogurt with fresh fruit like strawberries, peaches or pineapple. It's a great source of healthy protein, fat and calcium. I also enjoy fresh guacamole, which is rich in omega-3 and fibre.

That's great but if there's leftover crackers from my kid, or

she didn't finish her burger, I'll polish it off. Help?

It's important to be conscious of what and how much we are eating. Picking up on foods can quickly add up calories that are unsatisfying. Snacking on your child's leftovers can easily add up to an additional 300+ calories that you never needed in the first place.

A new study came out, saying that parents exercise less than those without kids. Duh!

I have no time for the gym. What do you suggest?

Incorporating exercise into any busy lifestyle works best when you create a schedule that works within your current daily routine. At-home work outs that incorporate your stairs, medicine balls, kettlebells or resistance bands work great. Finding a program that provides instruction through videos and puts you on a schedule is guaranteed to set you up for the most success. The

most important thing is that you keep yourself mentally and physically healthy so you can be the best parent you can be.

You are an extremely fit woman. Do you have kids?

I have a 14-year-old son and I have been a single parent for more than 10 years. It's very important to set a positive example when it comes to diet and nutrition because children are sponges and soak up everything around them.

3

life

A new study shows

1/3

...of parents polled feel their children don't get enough exercise at elementary school, according to the University of Michigan C.S. Mott Children's Hospital National Poll on Children's Health.

○ METRO WORLD NEWS



Flea control for pets is easy with the right products; several new options on the market.

WagJag.com
Deal of the Day

50% OFF

\$20 for \$40 at The Beading Room

BUY TODAY

www.WagJag.com

FOR EVERY HALIFAX VOUCHER PURCHASED WAGJAG WILL DONATE \$1 TO FEED NOVA SCOTIA

feed WagJag.com

Oh My Goodness Cookies



This non-traditional oatmeal cookie cuts the butter with avocado and adds diced pear for moisture and flavour, making it a wholesome treat.

Preparation:

- 1 In bowl, using electric mixer, beat avocado with butter and sugars until fluffy; beat in egg. In another bowl, stir oats with flour, cinnamon, nutmeg, salt, baking soda and bak-

ing powder; add to avocado mix; stir until combined. Stir in pear and raisins.

- 2 Arrange oven racks in the upper and lower thirds of the oven. Drop heaping spoonfuls of the dough onto parchment paper-lined baking sheets. Bake in 375°F (190°C) oven in batches, rotating pans once, for 20 minutes or until lightly

Ingredients:

- 1/2 cup (125 mL) mashed, ripe avocado
- 1/2 cup (125 mL) unsalted butter
- 1/2 cup (125 mL) each brown and granulated sugar
- 1 egg
- 2 cups (500 mL) oats
- 1 cup (250 mL) all-purpose flour
- 2 tsp (10 mL) ground cinnamon
- 1/2 tsp (2 mL) each ground nutmeg and salt
- 1/2 tsp (2 mL) each baking soda and powder
- 1/2 cup (125 mL) peeled and very finely diced pear
- 1/2 cup (125 mL) raisins

browned. Transfer cookies to a rack to cool. **NEWS CANADA**

Satisfy the cookie monster in you



► This recipe makes about three dozen cookies.

These two cookie recipes contain the right amount of sweetness to satisfy any sugar tooth.

The first one is for Almond Orange Cookies that combine fresh flavours into a tender package.

Meanwhile, the Oh My Goodness Cookies are a new take on the traditional oatmeal favourite.

Preparation:

- 1 In food processor, grind almonds until very fine. Combine with flour, baking powder, cinnamon and salt in a large mixing bowl until well blended; set aside.
- 2 In large bowl, with electric mixer, beat sugars, oil, eggs, orange peel and vanilla for 1 minute, until well combined and pale in colour. Add

almond and flour mixture and combine until dough forms.

- 3 Divide dough in half and shape into two 2 inch (5 cm) diameter logs. Wrap logs in parchment or waxed paper and freeze for at least 2 hours.

- 4 Line baking sheets with parchment paper. Cut dough into 1/4 inch (5 mm) thick slices and

place 1 inch (2.5 cm) apart on prepared baking sheets. Bake in a 350 F (180 C) oven for 8 to 10 minutes or until bottom edges appear light golden brown.

- 5 Cool cookies for 1 to 2 minutes on baking sheet and then transfer to cooling rack. Store in airtight container for up to 1 week. **NEWS CANADA**

Ingredients:

- 1 cup (250 mL) blanched almond slivers
- 2 1/2 cup (625 mL) all-purpose flour
- 1 tsp (5 mL) baking powder
- 1/4 tsp (1 mL) cinnamon
- 1/4 tsp (1 mL) salt
- 3/4 cup (175 mL) granulated

- ed sugar
- 1/4 cup (50 mL) packed brown sugar
- 1/2 cup (125 mL) canola and extra virgin olive oil blend
- 2 eggs
- 1 tbsp (15 mL) grated orange rind
- 1 tsp (5 mL) bourbon vanilla extract

FALLING ASLEEP AT WORK?
If you find yourself nodding off at work, driving or in front of the tv due to poor sleep - we can help!

Atlantic SLEEP APNEA SERVICES

Lower Sackville 864-6076 • Dartmouth 469-2550
Bridgewater 527-2333 • Truro 895-9357 www.atlanticsleepapnea.ca

2010 Restaurant of the Year
Restaurant Assoc. of NS

Best Western

PLUS

Trendz
Restaurant & Wine Bar

Fantastic Mother's Day Brunch!

Call 446-3782 or 463-2000 for reservations – sittings at 11:30am - 2pm

\$31.95 plus tax and gratuity. Check out trendzcafe.ca

Amazing cuisine and hospitality at our full service restaurant and lounge awaits you – breakfast, lunch and dinner. Offering savory monthly specials.

446-3782 or 463-2000 • 15 Spectacle Lake Drive, Dartmouth • www.trendzcafe.ca

Oscar the green grouch

► Sesame Street's beloved bin man always sets a noble example by reusing junk, even past its 'Best Before' date



HEIDI PATALANO
LIFE@METRONWS.CA
METRO WORLD NEWS IN NEW YORK

You're literally very green.
Yes. It's not easy being green.

How have you made your home, the garbage can, more environmentally friendly?

I like to call it the trash can rather than the garbage. Trash is much more important to my thinking. Garbage is something you didn't finish eating whereas trash is wonderful things like wheels from a baby buggy or an old hubcap.

What makes recycling fun?

Well, for one thing, I have this great love for trash, so it's kinda fun to see what's been thrown in the bin. And I sort through it. I roll in it. I toss it up and dance



► The king of recycling.

in it. Like, some of the lighter stuff, it floats down all over my head, so I finally have trash allllll over the boooooody.

So what kinds of things to do you reuse?

I like things that are, like half of a sled with no runners – that's good trash. I reuse a lot of stuff. Of course, you have to get new food. Food is part of the problem with trash, but it's not my greatest interest.

Are you and Slimey the Worm still into composting?

Yes, we are. Lots of stuff isn't great to eat anymore but it's made out of vegetation, so we throw it in with some leaves that have to be swept up anyway. We put it in a thing that's good for composting.

I was reading something interesting the other day: Many of the earthworms we have now were ones that should not have been imported from

Europe and they're quite harmful. They eat the roots of some of your vegetables.

How do you explain the

importance of recycling?

It's good for kids to realize that they're all part of the community. The world is a great big community. I

think a lot of kids seem to be very interested and aware that they're part of making the world a better place.

DO YOU (OR YOUR PARTNER) SUFFER FROM VULVO-VAGINAL PAIN?

We are looking for heterosexual couples for a research study

- Women (18 - 45 years) experiencing vulvo-vaginal pain and their partners (18 years or older)
- Co-habiting for at least 6 months
- Have Daily Internet Access

Women will undergo a gynaecological exam. Couples will then complete questionnaires at the IWK Health Centre as well as brief, web-based questionnaires daily, at home, for two months.

Compensation is \$116 per individual (\$232 per couple).

Contact us at: (902) 470-6532
SexualPainStudy@gmail.com
for more information



Kent Homes

It makes beautiful sense

Kent Homes & Nova Scotia's LARGEST garage builder have joined forces!

AMAZING SPRING BOOKING SPECIAL:

- **FREE HEAT PUMP** with every new Kent Home purchase* for a limited time!
- 3 Bedroom, 1 bath bungalow \$229,900* tax and land included

Call 431-3505 or visit our model home at 990 Main St, Dartmouth

Hours: Mon-Fri 9am-5pm • Sat 10am-2pm



HOUSES STARTING FROM \$143,000

* some conditions apply, offer good only at 990 Main Street Dartmouth

MERCER'S BEST BUILT STRUCTURES INC.

ANY SIZE, ANY STYLE, WE BUILD THEM ALL



Nova Scotia's Garage Builder

- Complete turnkey garage packages
- Includes foundation, all material and labour
- We handle all permits
- Designed to match your house
- Visit our website for more details: bestbuiltstructures.ca

902.482.4767
990 Main Street, Dartmouth

TD Financing Services

AUTHORIZED DEALER

5.99% Interest Rate

- Can be amortized up to 10 years
- Loans can be paid out in full or in part with no penalty
- Low monthly payments
- Low variable rate

QUALITY AND AFFORDABILITY



NOVA SCOTIA HOME BUILDERS' ASSOCIATION



ENERGY EFFICIENT BUILDING



HOME WARRANTY



May 1 - June 30, 2011



Instant Discounts
of up to \$100

\$100 off select ENERGY STAR® appliances.

Up to \$30 off ENERGY STAR® lighting and controls.



For more information, please visit

w: efficiencyns.ca/PlugIntoSavings

t: 1 877-999-6035



Also available at independent local appliance retailers.

All select retailers May 1 - June 30, 2011. Not all discounts are available at all stores. See stores for details.

Free Diabetes Public Education Event

Diabetes:
Get on the Right Path

Get motivated with special guest speaker:
Dr Michael Vallis

Join registered clinical psychologist Dr. Michael Vallis as he provides useful strategies and tips that will empower you to stay on track with your diabetes management.

Tradeshow featuring the latest in diabetes products and services.

Date: Thursday May 5th 2011

Time: Tradeshow 6-7pm • Presentations & Volunteer Awards 7-7:45pm
Guest speaker 7:45-9pm

Location: Westin Nova Scotia, 1181 Hollis St, Halifax

Prizes and refreshment available

Limited space - register today 453-4232 x1
nsinfo@diabetes.ca • diabetes.ca



Motivation in words, song

► Cindy Ashton conquered cancer
► Sets out to motivate, inspire hope

TURNING POINT

TERESA KRUIZE
LIFE@METRONEWS.CA



She was born with severe health issues and was only given a 20 per cent chance of

survival. A series of surgeries saved her life but then she was bullied and beat up in school because she didn't fit in.

Through all of life's

turning points Cindy Ashton never allowed herself to wallow in negativity.

She got healthy, rose to the top and conquered.

Ashton left her Toronto home for California and immediately began performing and volunteering at motivational conferences.

Her work was recognized in June 2010 when the Canadian was awarded the President Obama Call to Action Award.

Now she's telling her motivational story in words and song.

Ashton is hitting the road with her Red Carpet Dreaming Tour with the proceeds of her Toronto



► Cindy Ashton is a singer, motivational speaker and an inspiration on tour with her new show Red Carpet Dreaming to raise funds for youth and children's charities.

concert going to the Canadian Centre for Abuse Awareness.

Her message is from the heart. "Overcome your obstacles and become the star you were meant to be. There's a difference between embracing your fears and being a victim. Explore, transform yourself and find your gift."

As Gandhi said, "Be the change you want to see in the world."

Career Milestones

- Debut Album Don't Rain On My Parade
- Musical Suds
- Solo Performer with Downsview Symphony Orchestra
- Author of Kiss Your Monsters Goodbye
- Motivational Speaker/Singer with Barbara De Angelis and Bob Proctor

To flirt or be respected at work

DREW HINSHAW
LIFE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

Are you the office flirt?

If so, career counsellors warn, the only thing you're likely to pick up is a reputation for flakiness.

"It will cost you credit for the work at hand, even if you deserve it and you're working hard," says Courtney Anderson, a human resource lawyer.

Even in the 21st Century, the stakes remain unfairly steep for women, notes



► Flirting at work is flirting with disaster.

"We still have a lot of sexist assumptions about flirting in the office"

HELAINE OLEN, AUTHOR

Helaine Olen, author of Office Mate.

"We still have a lot of sexist assumptions about flirting in the office," she says.

"If you do it often you're going to be perceived as less serious, that's just a given."

Anderson agrees. "For women, the gender issues are quite significant."

But gallivanting men, she adds, would be snookering themselves to think they can find their kicks playing cubicle footsy and still win the respect of their co-workers.

"It's the same basic risk for men and women, and for people who are straight, gay, or lesbian," Anderson cautions. "You are either seen as a professional, or you are not."

"You cannot be both," she continues.

Event & Promotions Management
Students Present:

Mother's Day Brunch

Fundraiser for Canadian Cancer Society Relay For Life

Sunday May 8, 2011
11:30am - 3:00pm
Held at Durty Nelly's Irish Pub

\$20 per ticket includes:

- a two-course meal
- coffee, tea or juice
- a flower for mom
- entry into all prize giveaways
- gratuity

Tickets on sale now:

- Durty Nelly's Irish Pub at corner of Argyle & Sackville
- Centre for Arts & Technology at 1577 Barrington Street
- Gusto Vita at 1440 Bedford Highway

For more information or to reserve tickets contact halifax.epm@gmail.com

THE ANDROIDS ARE AMONG US.

FIND THEM AND YOU COULD WIN BIG.

Find the Androids hidden in Metro newspaper every weekday from April 12 to May 10. See the code? Enter it on Facebook for your shot at great prizes. There's a different code each day, so the more you find, the more you could win.

Start wrangling today, visit [facebook.com/rogers](https://www.facebook.com/rogers)



metrohalifax SUMMER CAMPS

metronews.ca
MONDAY, MAY 2, 2011

What's hot this summer

► It's that time of year again when parents are racking their brains figuring out what to do with the kids this summer ► Always eager to help, camp programmers are coming up with the wild, the wacky and the trendy



ALEX
NEWMAN
LIFE@METRONEWS.CA

Are your kids glued to forensic science shows? Let them find out what the specialists actually do on the job. University of Lethbridge (cnf@uleth.ca) and British Columbia's BCIT Centre for Forensic and Security Technology (bcit.ca) both offer summer camps with professional instruction. The programs put kids through their paces examining crime scenes, analyzing the evidence and using DNA technology to solve the crime.

If slack-jawed kids in front of video games isn't your idea of a summer well spent, get them behind the computer in-

stead. At BCI Digital Media Academy, University of British Columbia, kids ages six to 17 learn all about technology — the software used in Hollywood or in video games (digitalmediaacademy.org).

Riding the crest of Glee popularity is the three-session brainchild of Vancouver jazz singer Sara Zacharias. Last summer was the first year and sold out almost immediately. Some kids have "extraordinary" talent, Zacharias says. Others have passion, but all get a solo in the last night's performance.

Ashley MacIsaac's bad boy image has done wonders for the art of fiddling, and this year for the first

time in P.E.I. an impressive group of globe-trotting musicians will be teaching kids of all ages and stages how to fiddle Acadian and Celtic style (peifiddlecamp.com).

So you think all teens are self-centred mall rats? Apparently not. Me to We, the social action organization founded by Craig Kielburger, offers social justice themed summer camps that fill fast, according to PR director Angie Gurley. "Kids spend the week figuring out what their passion is in the world, looking at various world and social justice issues like child labour, then get to work on their action plan." On the last day of camp, the teens head into

the community to volunteer at their choice and leave camp with an action plan to help them continue (metowe.com).

P.E.I. parents who want their kids to learn to cook should check out Kids R Cooking boot camp in Charlottetown. For four days, kids ages seven to 17 don chef whites, receive professional instruction, and "eat what they make," says director Marsha Doiron. Offered through Holland College, the program is \$300 (culinarybootcamps.com).

The craze for stuffed critter Pound Puppies has a real life component — kids desperate to volunteer at shelters and vet of-

fices. The 18-year-old age restriction, though, left so many disappointed that Jennifer Ego decided to start Pawsitively Pets camp. Now in Ottawa, Van-

couver and Toronto, the camp gives kids five to 16 a chance to work with pets and professional dog trainers (pawsitivelypetskidscamp.com).



Bayside camp

Share an unforgettable week with us!

Sun-soaked, carefree summer days
with friends old and new await you.

Register online or by calling
Melanie at (902) 868-CAMP.

Online at www.baysidecamp.org

SOUTH PARK YMCA SUMMER CAMPS

Keep the smile in your summer!

Choose from 8 weeks of camps; running July 4 to August 26! We provide fun, challenging activities for children between the ages of 5-12 that are safe and appropriate for the age and skill level for each camper.

We believe in helping children and youth experience personal growth and development in spirit, mind, and body.

Activities Include:

- Swimming
- Bowling
- Outdoor Walks
- Crafts
- Weekly Themes



Register today at South Park YMCA
1565 South Park St • 423-9622 • Halifaxymca.ca



A summer of horses

► For camper Abbey Smith, summer camp is all about life on the ranch



TOM MASON
LIFE@METRONews.ca

For Abbey Smith, the learning curve got steep the first time she had to rescue a horse that became tangled in her stall on a lead rope. She had to work fast.

"It's important to get the horse loose before she starts to panic," she says. "Otherwise, she can injure herself and the person who's trying to free her. It's something you really have to know how to do well if you're going to be around horses."

Abbey does a lot of things well around horses — skills she's picked up over three summers at the Equus Centre riding camp on the outskirts of Annapolis Royal, Nova Scotia. And for Abbey and the 14 other young riders who attended, Equus Centre was two weeks of intensity.

The 13-year-old Halifax city girl learned how to saddle, groom and wash a horse. She knows how to climb onto the back of a young colt that's barely been ridden and get him used to the feeling of a rider. She's ridden fast horses, slow horses, calm horses and jittery ones. She has jumped fences, galloped down wooded trails and practiced moves in the dressage ring.



► Abbey Smith enjoying a ride at the Equus Riding Camp.

"It's a good experience to ride a lot of different horses — all sizes, different temperaments. That's one of the reasons I love going to riding camp."

Camp life started early in the morning. After making their beds and eating a hearty breakfast, the campers headed to the stables to do their chores. Then one of the camp counsellors handed each of them the name of the horse they would ride that day.

Every night, there were more typical camp activities — bonfires, flashlight tag, stargazing, sing-alongs

and games.

Abbey has made lots of friends over three summers, and some of them are the non-human kind. "I've always loved horses and I always want to learn more about them and get to know them better."

Now she wants to make a career out of it. This summer, her adventure with animals will continue. She has been one of a handful of students selected to attend the Dr. Tim Oglivie AVC Vet Camp in Prince Edward Island in July — the only camp of its kind in Canada.

Register now for Junior Golf Camps!

- 2 hours, half and full day camps, ages 5-15
- Supervised instruction
- 6 - 1 student to teacher ratio
- Lunch included (Full Day)



NEW FOR 2011:

ELITE JUNIOR CAMP

STARTING MAY 22:

Girls' Club
"let's go golfing"



Canada's Junior Golf Program



Our exciting camps start June

Call for more info: 433-3332
www.thelinksatmontague.com

From Aquatic Adventures, Mini University and Climbing to Soccer, Volleyball and Basketball, Dalhousie Summer Camps offer fun for children and youth of all ages.

Online registration now available!

WWW.ATHLETICS.DAL.CA • 494-3372

DALPLEX



The healing power of summer camp

► How being a camp counsellor helped shape one man's life ► Catalyst for creating new camp for youth with chronic illness ► Brigadoon opens this summer



JON TATTRIE
LIFE@METRONWS.CA

"My first summer camp was with Camp Goodtime. I was 17. It was for children living with cancer or brain tumours.

"We had to take a swimming test so you could go to the lake. One of the people that I took my swimming test with wore a wig. He was a young man and didn't want anyone to see him take his wig off, so we were able to do our swimming test just with the life-guard. It was just the two of us and one lifeguard and no one was around to see us do that.

"The next morning when we went to breakfast, all the senior staff boys at the camp had shaved their heads. This was in the '80s, so shaving your head was not a popular thing — Michael Jordan wasn't around to make it fashionable. It was a very powerful statement about teenage boys supporting another teenage boy, and it was very organic. No one asked them to do this and no one made a big deal about it. It was a very powerful statement.

"I still get goose bumps. That moment really changed my life. It's the community that exists when you're at camp. It's



► David McKeage, founder of Camp Brigadoon.

the safety of being who you are and being accepted for who you are. It was a really awesome, temporary community.

"It stayed with me over the years and was the catalyst for creating Camp Brigadoon. We realized there was a large, unmet need in the Maritimes that Brigadoon could address.

"We're thrilled — it's been a 10-year project. It's been an amazing learning experience and I think it's stimulated the Maritimes at all levels — academic,

healthcare providers, non-profit groups — to take a look at how we service the pediatric chronic-illness populations and their families and what we can do to improve that."

David McKeage is the founder and executive director of Brigadoon Children's Camp, an \$8-million, year-round facility hosting residential camps for children living with chronic illness. It opens this summer in Nova Scotia's Annapolis Valley. McKeage had Hodgkin's disease at age 12.



PLAY.

SWEAT.

SMILE.

A Summer Camp for you.

Whether your kids are into ART, DRAMA, SPORTS, SWIMMING or ADVENTURE — The Canada Games Centre has a Summer Camp for you!

Registration on now. Camps run from July 4th – Aug 31st for ages 5 – 12.

For more information on Summer Camps
www.halifax.ca/canadagamescentre or
call 490-2581



BECOME A MEMBER • PURCHASE A DAY PASS • SIGN UP FOR A PROGRAM OR COURSE



Neptune
THEATRE SCHOOL

NEPTUNE THEATRE SCHOOL

SUMMER CAMPS

Play at Neptune this summer! From **Camp Rock** and **Seussical**, to **Acting Essentials** and **Theatrical Design**, there's something for everyone. Scholarships available thanks to the generosity of Corridor Resources.

Half and full-day summer camps for kids ages 4-18, July to August.

429-3750
neptunetheatre.com



Schools for all Ages!

Schools for Various Skill Levels!

SPRING SCHOOLS

Power Skating (Marie Bowness) May 14-21
Puck Handling/Shooting May 22-June 1
IP1 (4-5 yrs) Weekends May 14-29
IP2 (4-6 yrs) Weekends May 14-29

SUMMER DAY SCHOOLS

St Margaret's Bay, groups for IP1
Novice, Atom, Pee wee/Bantam July 4-8
Halifax/Dartmouth July 18-22
Bedford Aug. 29-Sept 2
Bedford Aug 2-5

SUMMER SPECIALTY

Defenseman School Aug. 2-5
Goaltending School Aug. 2-5
Power Skating School (Marie Bowness) Aug. 15-19
Pre Season Aug 20-27

HIGH PERFORMANCE

Bantam/Midget Rep July 11-15
Female Bantam/Midget Rep July 11-15
Novice Atom Pee wee Rep Aug. 15-29

For more info or to register: tomduffeyhockey.com Register by phone: 443-3414

We also have summer day schools in Sydney, Quispamsis and Miramichi

What makes a good camp counsellor?

Here are some questions to ask yourself to determine if your teen is ready to take care of junior campers



CONDUCTIVE EDUCATION SUMMER CAMP

Here is a chance for your child to have fun and enjoy the camp experience while learning to become more independent.



Open to children with cerebral palsy or other neuromotor disorders.

For more information
Call 444-1090
www.marchofdimes.ca



**ASTRID
VAN DEN BROEK**
LIFE@METRONEWS.CA

You've suggested your teen apply for a stock boy position at the grocery store this summer, but he's got something else in mind — counselling at camp. But is it a good fit? How do you know if your teen is ready to lead junior campers around?

Start with your own assessment of your child's personality and skills. "How is your child in a group setting? Because that's a good indicator as to how they'd perform within a camp," says Howie Grossinger, president of the Toronto-based Ontario Camps Association. "Could you see them being responsible? Do they connect well with younger kids?"

Here's how else you can

determine whether your child is ready to handle summer camp counselling.

- How old are they? "We recommend that at the day camp, a counsellor should have completed Grade 10," says Grossinger. "And at the overnight experience, completed grade 11. I do feel anything younger than that, they don't have the maturity to take on these types of responsibilities."

- Do they have experience with younger children? "Maybe they've babysat, or I also often hear kids with lots of younger relatives say maybe they're the kind of cousin who can go into a room with the small kids and can entertain them or be responsible for them," says Grossinger.



▶ Start with an assessment of your child's personality.

- Have they grown up in camps? "Overnight and day camp provide different experiences," notes Grossinger. "If you've grown up in the overnight experience, it's a natural extension to become a staff member because you developed the independence to be able to take on the challenges of extensive supervision. I often talk to staff about having the

stamina to get through a day taking care of other people's children."

That said, Grossinger adds that a strong interest in counselling might be all your child needs to kick off a counselling career. For instance, he once interviewed a teen who had no camp experience but felt she would do well at counselling. "And I went on

that, because for me, I can work with anybody who has a desire to work with kids," he says.

"And on the last day of day camp, she delivered her last group of kids to the buses and she was crying her eyes out. And she looked at me and said, 'I never knew they'd have this effect on me.' That's what a powerful experience it was for her."

Learn to Sail! at Armdale Yacht Club



Youth Courses Age 10 and Up

Starting July 4th and running every two weeks

Adult Courses Weekday Evenings

Starting May 23rd
Mondays/Wednesdays or
Tuesdays/Thursdays

Women's courses also available

For details and registration please visit:
www.armdaleyachtclub.ns.ca/learn_to_sail.htm



Social Skills Program

Bridgeway Academy is offering a summer Social Skills program for children with learning disabilities at our Dartmouth and Truro locations. This program will focus on helping children develop the skills necessary for initiating, building and maintaining friendships.

Cost: \$45 per session/\$135 per week/\$810 for six weeks

Dates: Tuesday, Wednesday & Thursday • July 19 - August 25

Hours: 9:00am-12:00pm

Class Size: 5-10 students per age group

**Ask about our summer
reading program!**

For information or to enroll:
465-4800 • or 1-888-435-3232
www.bridgeway-academy.com



NO STIGMA, NO SHAME

EDUCATION IS KEY TO HELPING OTHERS UNDER- STAND WHAT IT'S LIKE TO LIVE WITH A MENTAL DISORDER

The Canadian Mental Health Association is celebrating the 60th anniversary of Mental Health Week from May 1 to 7. Part of the CMHA's goal is to raise awareness that one in five people in Canada—that's more than six and a half million Canadians—experience a mental health issue during their lifetime, and that there's no shame in admitting it.

In fact, when you share your story with someone else, they're more likely to open up as well. Perhaps their mother is being treated for clinical depression or their uncle is living with schizophrenia, and they haven't had anyone to discuss this with.

Mental health issues touch every class, religion and race—they don't discriminate, and neither should we. "People may judge someone with a mental health issue and treat them negatively," says Peter Coleridge, National CEO, CMHA. "In fact, most people living with a mental health issue say that people's negative attitude and behaviors are worse than the symptoms they feel."

This type of discrimination affects all areas of the person's life. It can prevent them from getting hired, promoted or keeping a job; finding or keeping a place to live; getting proper health care; or getting insurance. They may even be blamed for their

conditions or viewed as weak.

So how can Canadians help dispel the stigma of mental health issues? "One of the best ways is to tell someone who doesn't know about your mental health disorder or help others tell their stories," says Coleridge. Here are four other steps that will help make a difference:

THINK ABOUT THE WORDS YOU USE Say, "A person living with schizophrenia" and not "a schizophrenic"

CONSIDER HOW TO SUPPORT Help the people you know who are living with a mental health issue, just as you would if they had a physical health problem.

SPEAK UP when you see discrimination or a law or policy that unfairly excludes those with mental health issues.

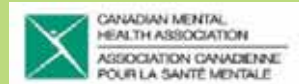
VOLUNTEER for a mental health organization.

ABOUT THE CMHA

The Canadian Mental Health Association (CMHA) is one of the oldest continuing voluntary health organizations in Canada. It began as the Canadian National Committee for Mental Hygiene (CNCMH) in 1918, and its first official meeting was held in Ottawa in April of that year.

In the fall of 1918, the Committee set up an office in Toronto. In its infancy, the CNCMH was involved in the plight of soldiers, the psychiatric screening of immigrants and examining mental retardation and other psychiatric disorders among schoolchildren.

Today the Canadian Mental Health Association, as it's now known, is continuing its successful history of forming effective partnerships with individuals and private and public organizations. With its partners, the CMHA educates, communicates, influences policy, and provides tools and support in workplaces, schools and homes.



Is it just stress or is it something else?

Working Through It™ can help.

It's one of the many resources, strategies, tools and ideas available at workplacestrategiesformentalhealth.com/wti

Free of charge. To anyone. No strings attached.

From the Great-West Life Centre for Mental Health in the Workplace.



The Great-West Life Centre for Mental Health in the Workplace is funded by The Great-West Life Assurance Company.

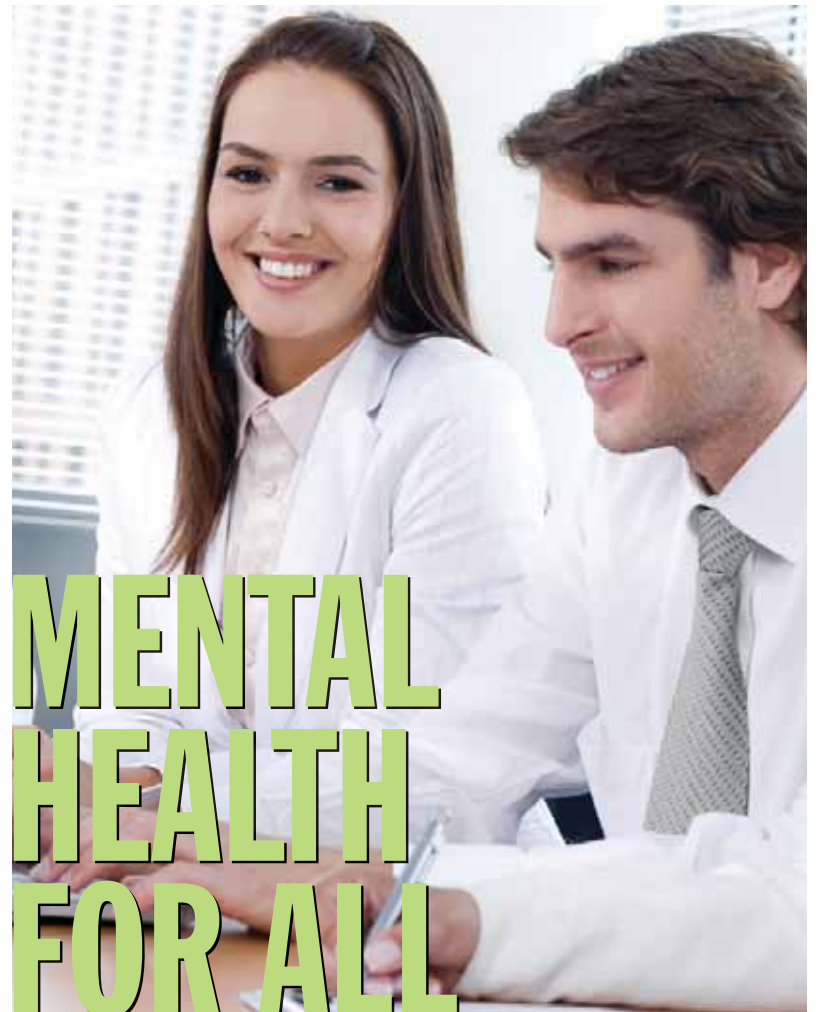
Working Through It is a trademark of the Board of Directors Association of Ontario and the Canadian Mental Health Association. Ontario, a joint venture, and is available to members. The Great-West Life Centre for Mental Health in the Workplace and design is a registered trademark of The Great-West Life Assurance Company. Photo used for illustration purposes only. Individuals obtained per request.



Having more bad days than good days?

Depression is a common and treatable disease that may affect up to 11% of Canadians at some point in their lives. Along with emotional symptoms, depression can have many unpleasant physical symptoms. But there is hope. There are treatments that work on both the emotional and unpleasant physical symptoms of depression, which may allow you to feel like yourself again so you can re-connect with the things in life which are most important to you. Depression hurts, but you don't have to.

For more information talk to your doctor or visit DepressionHurts.ca



MENTAL HEALTH FOR ALL

THE 60TH ANNUAL MENTAL HEALTH WEEK'S THEME REMINDS CANADIANS ABOUT THE IMPORTANCE OF REDUCING STRESS AND ANXIETY

In this high-tech age, many people no longer work a traditional 9-to-5 workday from Monday to Friday. Instead, they end up checking their work email from home in the evening, on the weekend and on holiday to try to keep up with ever-increasing workloads.

According to Human Resources and Social Development Canada, one in four Canadians work 50 hours a week or more, compared to one in 10 a decade ago. In fact, many employees are now expected to be available 24/7, making it even harder to achieve a work-life balance. "But as tough as it can be to restore that balance, it should be everyone's goal," says Peter Coleridge, National CEO, CMHA. "That means figuring out what will improve your work-life balance, then committing to making those changes."

What's the consequence if you don't? The

Conference Board of Canada found that workers who reported a high degree of stress balancing their work and family life missed 7.2 days of work each year, compared to the 3.6 days missed by those who reported very little stress.

Never mind that when employees take stress leaves, it negatively impacts companies' bottom lines. A 2003 report in The Insurance Journal says mental illness accounts for 30% of disability claims, costing businesses \$15 to \$33 billion annually in Canada. Research by CAMH published in the Journal of Environmental Medicine in 2010 says lost productivity and absenteeism brings the figure up to \$51 billion.

So why are so many of us burning the candle at both ends? Partly because we need the money; one survey found that 37 per cent of Canadians who didn't take time off when they experienced health problems related to stress, anxiety or depression felt they couldn't because they needed the income. Plus, they were concerned about the stigma and negative attitudes related to mental health issues.

"The best thing managers and employers can do for their own health, and that of their staff, is to lead by example and model a healthy work-life balance," says Coleridge. That means not eating lunch at your desk, limiting overtime hours and electronic communication during non-work hours and taking vacation time. The benefits to professional and personal bottom lines? Priceless.

THINGS THAT GO BUMP IN THE NIGHT



Almost all young children can be scared by a loud clap of thunder or be afraid to sleep alone in the dark. “With patience and understanding, parents can usually help their kids overcome these and other common childhood fears,” says Peter Coleridge, CEO, National CMHA.

Often, what scares kids stems from experiences they can’t understand that feel threatening to them. Examples include snakes, mice and spiders—especially if the child has seen an adult react in terror when encountering those creatures.

Witnessing a traumatic event at a young age, such as cat being run over by a car, can leave lasting frightening memories. Fears can also develop from low self-esteem, which can lead to bullying by peers, further deepening the original insecurity.

“Regardless of what kids are afraid of, they need the comfort and reassurance of their parents or guardians more than anything else,” says Coleridge. These five steps can help:

GIVE LOVING SUPPORT AND SET RELIABLE LIMITS

Children need to know they’re loved and

that their parents will set definite limits on what they’re allowed to do. This will provide the sense of security kids need to try new experiences fearlessly.

FIND PRACTICAL SOLUTIONS If your son is afraid of the dark at bedtime, plug in a night-light in the bedroom and hall and give him a cuddly toy to hug.

PRACTICE SKILLS If your daughter is afraid of catching a ball or playing soccer, spend time playing those games with her until she feels more confident about her ability.

REASSURE, THEN REASSURE AGAIN This is particularly important if your child is worrying about dying. Repeat that it’s unusual for healthy kids to die—and offer lots of hugs.

PRAISE ACCOMPLISHMENTS Praising even small successes will encourage your child to try again. On the other hand, being critical will make him or her afraid to try new things.

<i>I read.</i> Aster 34, Student	<i>I hit the gym when I can.</i> John 58, Electrician
<i>Chill with my friends.</i> Brian 23, Student	<i>I like being creative. It's my drug.</i> Zile 41, Artist
<i>My fiancé and I play instruments.</i> Michelle 29, Costumer	<i>I meditate.</i> Brata 54, Musician
<i>Do things with my family and for my community.</i> Gregor 43, Executive Director	<i>Hang out with my kids. They keep me balanced.</i> Jyoti 44, Teacher

What do you do for your mental health?

May 1st to 7th is Mental Health Week. It's a chance to do more for yourself every day. Seven days to talk, reflect, learn, engage and celebrate all facets of mental health. Because good health includes mental health. **Mental health for all. Find out more at www.MentalHealthWeek.ca**



IN PARTNERSHIP WITH
Desjardins
Financial Security™

CANADIAN MENTAL HEALTH ASSOCIATION
ASSOCIATION CANADIENNE POUR LA SANTÉ MENTALE

WHERE TO FIND HELP

Most of us go through life solving our everyday problems without needing professional help to cope. But if overwhelming feelings of anger or despair are affecting your quality of life, help is at hand.

A good place to start is your family doctor, who can refer you to a psychiatrist, psychologist, another therapist such as a social worker or a self-help group, depending on your situation and needs.

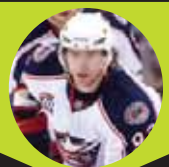
For more information about the mental health resources in your area, contact the Canadian Mental Health Association at (613) 745-7750 or visit www.cmha.ca.

4
sports

More sports

Brad Marchand

The Hammonds Plains native had two goals in the Boston Bruins' 7-3 romp over the Philadelphia Flyers in Game 1 of the NHL Eastern Conference semifinals on Saturday. He leads all rookies in the playoffs with eight points in eight games.

**Jakub Voracek**

The Halifax Mooseheads alumnus and Columbus Blue Jackets winger is representing the Czech Republic at the IIHF world championship in Slovakia this week. He picked up an assist in his country's 4-2 win over Latvia on the weekend.

- Cole Harbour native is QMJHL's unanimous choice as top pick and has been for some time
- The 15-year-old has yet to decide between major junior and the U.S. college route



► Nathan MacKinnon

MacKinnon No. 1 in eyes of Central Scouting

**MATTHEW WUEST**
@METRONEWS.CA

Nathan MacKinnon made life easy for Patrick Charbonneau and the QMJHL's Central Scouting department this season.

When it came to naming their top prospect for the QMJHL draft on June 4 in Victoriaville, Que., the 15-year-old MacKinnon was their unanimous choice — and has been since late 2009.

"It was a pretty easy decision," said Charbonneau, the league's director of scouting, after unveiling his final draft ranking yesterday.

day.

"The first time we saw Nathan play 18 months ago, we expected him to be our top prospect this year, and when we saw him again in October he made our choice easy."

MacKinnon not only posted 85 points in 34 games with Shattuck-St. Mary's prep school in Faribault, Minn., he also made a huge impression on scouts at the world under-17 challenge (eight points in five games) and the Canada Winter Games (11 points in seven games).

"What is amazing about Nathan is, for a player with that much skill, I think his

3

Number of Nova Scotians selected first overall in QMJHL history. Cole Harbour's Sidney Crosby, to Rimouski in 2004, was the first, followed by Lower Sackville's James Sheppard, to Cape Breton in 2005, and Antigonish's Alex Grant, to Saint John in 2006.

major asset is his work ethic," Charbonneau said. "He's got all the skill in the world, but when you're also

the hardest worker on the team, it makes a pretty good combination."

The Baie-Comeau Drakkar have the draft's top pick, but MacKinnon has said he might eschew the QMJHL to play NCAA hockey.

If he does end up in the Q, whether it's with the Drakkar or another team, Charbonneau said he can contribute immediately.

"You don't want to put pressure on a kid, but on 90 per cent of Q teams, he will probably be among the first two centremen," he said. "Nathan might be a franchise player for the next two years."

Forward thinking

Notes from Central Scouting's rankings for June's QMJHL draft:

- The **Top 5** is made up entirely of forwards, with Jonathan Drouin, Anthony Duclair, Jeremy Gregoire and Guillaume Gauthier — all from Quebec — joining No. 1-ranked Nathan MacKinnon.
- There are only **two** defencemen ranked in the Top 11. Furthermore, only six of 18 first-round prospects are blue-liners.
- There are also five goaltenders ranked in the first two rounds, a group headed by Alexandre Belanger at No. 6.
- There are **15 Nova Scotians** ranked among the Top 90 prospects projected to go in the first five rounds of the draft.
- **Forward Bronson Beaton** of the Pictou County Weeks major midgets, at No. 11, and defenceman Ryan Graves of the South Shore major midgets, at No. 15, are ranked in the first round.



► Teddy Purcell, right, celebrates Martin St. Louis' third-period goal.

Lightning take 2-0 series lead

3	2
LIGHTNING	CAPITALS

Vincent Lecavalier scored his second goal of the game 6:19 into overtime last night as the Tampa Bay Lightning beat the top-seeded Washington Capitals 3-2 for a 2-0 lead in the Eastern Conference semifinals.

Fifth-seeded Tampa Bay appeared headed for a simpler victory, leading 2-1 in the third period, but Alex Ovechkin forced the extra period by scoring with 67 seconds left in regulation.

Dwayne Roloson made 35 saves as the Lightning won their fifth consecutive game — and their fifth in a row on the road.

The series now shifts to Tampa for Game 3 tomorrow.

On the winning goal, the Lightning caught the Capitals in the middle of a line change. Tampa Bay defence-man Randy Jones — playing in his first game this post-season — sent a long pass off the boards to Teddy Purcell. He then passed it across the ice to Lecavalier, who flipped the puck over rookie goalie Michal Neuvirth to end the game.

Lecavalier jumped into the glass behind the net before being surrounded by teammates.

Martin St. Louis' goal put Tampa Bay ahead 2-1 about 7 ½ minutes into the third period, before Ovechkin recorded his first point of the series. Brooks Laich scored for Washington in the second period.

THE ASSOCIATED PRESS



► Sharks centre Logan Couture watches as a shot by teammate Niclas Wallin goes into the net yesterday.

Sharks clip Wings again

► San Jose takes 2-0 lead in series against Detroit ► Antti Niemi makes 33 saves for the win ► Ian White and Niclas Wallin score for Sharks

The defencemen are scoring, the high-scoring forwards are working in the defensive zone, and Antti Niemi played the same way he did when he knocked San Jose out of the playoffs a year ago.

That all added up to another win for the Sharks and a 2-0 series lead against the Detroit Red Wings in the Western Conference semifinals.

Ian White and Niclas

2	1
SHARKS	RED WINGS

Wallin scored their first goals of the post-season. Niemi made 33 saves, and the Sharks put together a complete performance to beat the Red Wings 2-1

yesterday. Niemi helped kill off three penalties in the opening half of the first period and came up with countless big saves in the final two periods of perhaps his best playoff game since helping Chicago sweep San Jose in the conference finals a year ago.

"We like him on our side a lot better," forward Dany Heatley said. "He's a steady guy. He makes the saves he should make; he's

in position. And he makes a lot of saves he shouldn't make. He changes games for us sometimes."

White scored on a power play in the first period and Wallin extended the lead early in the third period as the Sharks put together two of their best back-to-back games to jump on top of the Red Wings for the second straight year.

THE ASSOCIATED PRESS

Heat draw first blood against Celtics

Dwyane Wade knew his regular-season numbers against Boston were lacking.

He also knew that wouldn't matter in the playoffs.

And Game 1 — which seemed more like Round 1 — of what's already an emotionally charged series went to Wade and the Miami Heat.

Wade scored 38 points

99	90
HEAT	CELTICS

on 14 of 21 shooting. James Jones set a Miami post-season record with 25 points off the bench, and the Heat beat the Celtics

99-90 yesterday to open their Eastern Conference semifinal series.

"It's a big game. It's Game 1, at home," Wade said. "You've got to take care of home court. These guys expect this from me. I wasn't giving it to them in the regular season versus them and I wanted to come out today and be a leader."

THE ASSOCIATED PRESS



► Dwyane Wade drives past Kevin Garnett.

Yankees bats power past Jays

5	2
YANKEES	JAYS

Curtis Granderson hit a three-run homer, Mark Teixeira also went deep and the New York Yankees powered their way to a 5-2 victory over the Toronto Blue Jays yesterday.

Yankees starter Ivan Nova (2-2) allowed two runs on six hits over 5 ½ innings.

Mariano Rivera worked a perfect ninth inning for his 10th save.

Jays starter Jesse Litsch allowed five runs on six hits and two walks, for his fourth straight loss against the Yankees. He is 1-5 with a 6.03 ERA in seven career starts against New York.

THE ASSOCIATED PRESS

101.3 THE BOUNCE Interactive NINEQ9

Weekdays @ 9pm

For April 29th

The Black Eyed Peas - Just Can't Get Enough

Dr.Dre ft Eminem & Skylar Grey - I need a Doctor

Bruno Mars - The Lazy Song

David Guetta ft Rihanna - Who's That Chick

Adele - Rolling in The Deep

Alyssa Reid - Alone Again

Classified - That Ain't Classy

Jennifer Lopez ft Pitbull - On The Floor

Katy Perry ft Kanye West - E.T

1013THEBOUNCE.com

k8@1013thebounce.com

HELP WANTED

General Help

Presently seeking good looking men/women/children for photoshoot for our magazine
Bride & Groom Canada (Maritime Edition)
No Experience Necessary
For appointments Call
1-855-CAST-RUS

AUTOMOTIVE


Cars & Trucks for Sale




2007 Volkswagen Rabbit
4 door hatchback,
2.5 L, 5 cyl
Only 135k kms
\$14,985
Motormart - 407-4200



2008 Audi A4
4 door, 4 cyl
Automatic
Only 41,000 kms
\$31,995
Motormart - 407-4200



NO INTEREST FOR 12 MONTHS
2006 VW Golf TDI
4 dr, diesel, auto, pw, pl, cr, air, cd, exc cond, only 86k
\$14,985 or \$68 weekly, \$0 down
Motormart - 407-4200



NO INTEREST FOR 12 MONTHS
2007 Pontiac G5 coupe
4cyl, auto, pw, pl, air, cd, low kms,
\$10,985 or \$42 weekly, \$0 down
Motormart - 407-4200

Skilled and Technical Help

Cars & Trucks for Sale



DARTMOUTH
Where Your Service Comes to Save!
469-9050 • DDODGE.COM




2010 Chrysler PT Cruiser
Reduced to Just \$13,777

STK# CH213912



2010 Dodge Grand Caravan SE Plus
Just \$19,995

STK# 362036




2010 Jeep Grand Cherokee Limited
Reduced to just \$29,777

STK# CH144355



2010 Jeep Compass 4X4 North Edition
Just \$21,495

STK# CH581088



2008 Chrysler Town & Country
Just \$21,995


STK#11TC4177A

Cars & Trucks for Sale




2010 Dodge Charger SXT
Just \$19,995

STK# CH236130



2009 Toyota Venza
All Wheel Drive
Reduced to Just \$29,777

STK# 11GC3562A



2010 Chrysler 300 Limited
Just \$24,995

STK# CH239761



2008 Dodge Nitro 4X4 SLT
Just \$18,995

STK# 11GC6048A



2010 Chrysler Sebring Limited
Just \$18,995


STK# CH184291

Place your ad in Metro classifieds
metroclassifieds.ca
1 800 527-6767

Skilled and Technical Help

Skilled and Technical Help

Apartments Unfurnished




A location you will love, at a price you can afford
Ask about our great move in specials!
1881 Brunswick Street
Pool & fitness facility, amazing views of Citadel Hill and Halifax Harbour
Downtown living doesn't get any better!
Call Now 422-5747 www.halifaxapts.ca

Cars & Trucks for Sale



NO INTEREST FOR 12 MONTHS
2007 Pontiac Vibe
4cyl, 5 spd, air, cd, 70k
\$10,985 or \$51 weekly \$0 down
Motormart - 407-4200




NO INTEREST FOR 12 MONTHS
2007 Toyota Corolla CE
4 dr, auto, air, cd, pl, 77k,
\$10,985 or \$51 weekly, \$0 down
Motormart - 407-4200



NO INTEREST FOR 12 MONTHS
2008 Hyundai Accent hatch, 4 cyl, 5 spd, cd
\$8,985 or \$36 weekly, \$0 down
Motormart - 407-4200



NO INTEREST FOR 12 MONTHS
2009 Chev HHR
4 dr, 4 cyl, auto, air, pw, pl, cr, cd, only 13k,
\$14,985 \$58. weekly \$0 down
Motormart - 407-4200



NO INTEREST FOR 12 MONTHS
2010 Ford Ranger Ex Cab Sport
4x4, auto, cd, air, cap 32k, like new
\$20,900 or \$68 weekly, \$0 down
Motormart - 407-4200



NO INTEREST FOR 12 MONTHS!
2009 Chev Aveo 5, auto, cd, like new only 29k warranty remaining only
\$10,900 or \$42 weekly, \$0 down
Motormart - 407-4200

Pet Services



Scoopypoo
Dog Waste Removal Service
• weekly • bi-weekly
• monthly • one-time-only
• residential & commercial
222-8128
www.scoopypoo.ca

Landscapers/Gardening



Green Heritage
TREE SERVICES LTD.
Tree removals, pruning & more!
Fully insured, professional and safety certified. Earth Day celebrated with 250 trees planted!
902-789-TREE (8733)
www.greenheritagetreeservices.com

Apartments Unfurnished



A location you will love, at a price you can afford
Ask about our great move in specials!
1881 Brunswick Street
Pool & fitness facility, amazing views of Citadel Hill and Halifax Harbour
Downtown living doesn't get any better!
Call Now 422-5747 www.halifaxapts.ca

PETS

Dogs

Cavelier King Charles Spaniel Pups
Vet checked, needed & dewormed
3 @ \$675 and rest are \$900
902-765-0885 or gbgf@bellaliant.net

PERSONALS

Personals

RED HOT COUGAR ESCORT/MESSAGE
Lana 209-6852
In-service or out-service.
www.RedHotCougar.com

SERVICES

Accounting

S. J. Smith Taxes & Accounting 404-9268
Simply Accounting & QuickBooks Training
Personal/Business/Corporate Taxes, HST
Month/Year-Ends, Payroll, Job Costing

HOUSEHOLD SERVICES

General Services

HEAD LICE REMOVAL SERVICES
Pesticide Free Products • Confidential
1-888-LICE SQUAD (542-3778)
WWW.LICESQUAD.COM



Quality Plush/Berber. Will do LR & Hall fr
\$389. Carpet pad & install included (25yrs)
Phil, 444-4766 www.carpetdeals.ca

Landscapers/Gardening



Lawn Mowing & Landscaping Services
Spring Aeration starting at \$50 until April 18
Lawns - starting at \$30
online at www.rdthx.com
902-220-6480

Trades

ADANAC CONSTRUCTION Free Estimates.
Carpentry, siding, windows, doors, decks & floors. We build sheds, garages etc...
FULLY INSURED Call Stephen at 469-0536

AFFORDABLE renovations by GRAIN
"Your Renovation Specialists"
www.grainspaces.ca, (902)402-6494

Halifax Insulators Limited
902-456-1151 902-860-0186
Spray Foam Insulation
www.hfxinsulators.com

Vannie's Stonewalls

Repairs a speciality, steps, walkways etc.
20% discounts - 902-435-9343

Junk Removal

TIME TO TOSS IT
Debris removal, Estate clean-ups, small demos, unit clear-outs, basements, yards and construction - call 449-0232

ANNOUNCEMENTS

Community Events

National Scrapbook Day May 14th
Make cards? Scrapbook? 5 spaces left for my ALL DAY EVENT. Only \$25 for the full day!
Please call 471-7797 for the rest of the details!

Supportive Housing for Young Mothers (SHYM) is hosting their 2nd annual Mom's Day Cabaret & Silent Auction. May 7 2011, 7-9pm, NSCC's Waterfront Theatre, 80 Maw-tai Place, Dartmouth.
For More Info, contact Charmaine at 465-2213, or visit www.shym.ca

General Services

Get a
**fresh
start**

Since 1906, **Hussmann Canada** – a subsidiary of Ingersoll-Rand Climate Control Technologies – has provided inspired solutions to help retailers preserve and display fresh foods. Today Hussmann is a world leader in manufacturing, selling, installing, and servicing its merchandising equipment and refrigeration systems to customers throughout the world.

We are looking for the following skilled professionals to join our team:

Refrigeration Technicians

• Halifax & surrounding region

We offer an industry leading compensation and benefits package including:

- competitive salary
- extended health & dental benefits
- immediate vesting pension plan
- four weeks paid vacation to start
- tuition reimbursement program
- training programs
- health & wellness program
- advancement opportunities

To learn more about us and this exciting opportunity, please visit www.ingersollrand.com under the career section and apply online. You can also apply direct by sending your resume and cover letter to: judy_welsh@irco.com.

We wish to thank all candidates; however, only those under consideration will be contacted.

HUSSMANN®

www.hussmann.com

WRIGHTWAY PAVING

Book Now and Save 50%

5 YEAR WARRANTY
FREE ESTIMATES

902-435-4466



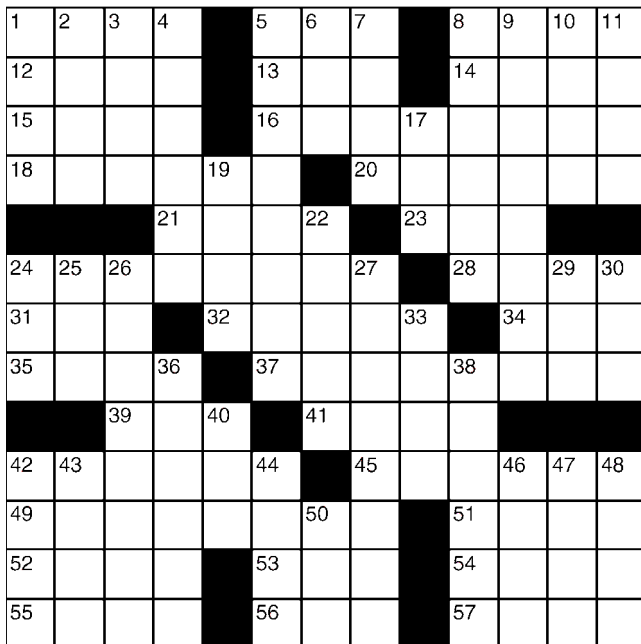
Crossword

Across

- 1 Trudge
5 Serenade the moon
8 No-no for a vegan
12 Wash
13 One's years
14 Wheel bar
15 Satanic
16 "Location" for one in disfavor
18 Meanie
20 Wine glass
21 Three- — sloth
23 Mr. Sajak
24 Bent over, as a page corner
28 Cook in the oven
31 "CSI" evidence
32 Reservation home
34 "To be or — ..."
35 Examination
37 Doctrinaire
39 Trail behind
41 Donkey's pin-on
42 Expressed a feeling
45 Perfect place
49 Cornical poetry
51 Quest
52 Reverberate
53 Every last bit
54 Saxophone range
55 Drunkards
56 "See ya"
57 Feed the hogs

Down

- 1 Commoner
2 Volcanic outflow
3 Roman love poet
4 Strike from the text
5 Harassed
6 Past
7 Safecracker



- 8 Tropical tree
9 Showing great joy
10 Otherwise
11 Yard components
17 Leap
19 Capricorn
22 Train station
24 Banned pesticide
25 Individual
26 Old lamp illuminant
27 French president
throughout the '60s
29 Japanese pond carp
30 And so forth (Abbr.)
33 Send forth

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Willy, Hiya Little Kitty! Cotton sends his love! He's a precious kitty too, just like you! W+T, Be Good, and 2012 is going to be your favorite year ever! XXOOXX TPCA From **TANKIE POO**

Office Boy, You've probably seen me checking you out ALL THE TIME when you pass by our coffee kiosk... just want to let you know that you make my heart flutter every single time. Ohh~ and you look HOT in that suit. Only wishing that we could at least have a lil conversation when you walk by?? Even if it's just simply a "good morning" or "how's work?" From **BARISTA GIRL**

To My son, Happy Third Birthday Son. You Are My Everything And I Dont Know I Would Be With Out You. So I thank God Everyday For Give You To Me. You are Mera Jaanu. oxoxo Lot's of love **MOMMY!!!**

Today's horoscope

♈ Aries March 21-April 20 A creative project is now at a crossroads.
♉ Taurus April 21-May 21 Your workload will increase dramatically over the next few days.
♊ Gemini May 22-June 21 If you allow a feud to linger on much longer the results could be disastrous.
♋ Cancer June 22-July 22 If you force yourself to do something when your heart isn't in it's unlikely you will make a very good job of it.

♌ Leo July 23-Aug. 23 If you push yourself hard today chances are it will pay off in a big way.
♍ Virgo Aug. 24- Sept. 22 Summon up your reserves of courage and make the most of your not inconsiderable talents.
♎ Libra Sept. 23-Oct. 23 Everyone else sees you as a genuine star but for some strange reason you don't see it yourself.
♏ Scorpio Oct. 24-Nov. 22 You know you've got what it takes, so don't let others get you down.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ Sagittarius Nov. 23-Dec. 21 You have taken a dislike to someone you work with, but are your feelings rational?
♑ Capricorn Dec. 22-Jan. 20 The only sure way to make a fortune is to work for it.
♒ Aquarius Jan. 21-Feb. 18 It takes all sorts of people to make an interesting world
♓ Pisces Feb. 19-March 20. Think before you speak and only speak if what you have to say is emotionally uplifting.

© SALLY BROMPTON

Caption contest

"Boy, this smells worse than when I put my foot in there!"

ERIN



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

FLIGHT CENTRE Unbeatable

Las Vegas Air + 4 Nights

from **\$599**

Imperial Palace + taxes & fees \$143
INCLUDES accom on the strip. UPGRADE to 4-star Flamingo Hotel from \$3 per night.

1 866 967 5402 | flightcentre.ca

Conditions apply. Ex. Halifax. Package prices are per person, based on double occupancy for total length of stay unless otherwise stated. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include HST and are approximate and subject to change.

LOVE TO PLAY?

Get more Metro puzzles and games on your iPhone with the FREE Metro Play app — updated daily!

Available on the App Store

metronews play



ATLANTIC CANADA'S AWD Headquarters

2006 Outback Ltd



AC,PW,PL,CC,AW, LEATHER
INTERIOR, 86,000KM

\$18,995
8635P

2006 Outback H6



AC,PW,PL,AW,CD,ALLOYS, ROOF
RACK, 74,000KM

\$17,995
854P

2007 Outback 2.5i



AC,PW,PL,TW,CC,AW,CD,
ALLOYS, 71,000 KMS

\$18,995
2563P

2007 Outback SE



AC,PW,PL,TW,CC,AW,CD/MP3,
SPOILER, 76,000 KMS

\$19,995
7325P

2009 Forester 2.5X



AC,PW,PL,TW,CC,CD,
84,106 KMS

\$21,995
4016P

2007 Impreza 2.5i



AC,PW,PL,TW,CC,AW,CD,
ALLOYS, 91,000 KMS

\$12,995
4821P

2007 Impreza 2.5i



AC,PW,PL,TW,CC,AW,ALLOYS,
CD,66,000KMS

\$13,995
1641P

2006 Forester 2.5X



AC,PW,PL,TW,CC,AW,CD,
ALARM, 84,000 KMS

\$14,995
9097P

2007 Impreza 2.5i



AC,PW,PL,TW,CC,CD,
ALLOYS, 33,820 KMS

\$14,995
0351P

2008 Impreza 2.5i



AC,PW,PL,TW,CC,CD,
CD/MP3, 36,000 KMS

\$17,995
3543P

2009 Impreza 2.5i



AC,PW,PL,TW,CC,CD/MP3,
61,000 KMS

\$17,995
2513P

2010 Impreza Sport



AC,PW,PL,TW,CC,CD, ALLOYS
SPOILER, 30,800 KMS

\$20,995
0375P

2008 Impreza 2.5i



AC,PW,PL,TW,AW, CC,CD/MP3
55,000 KMS

\$16,995
7356P

2007 Freestyle AWD



AC,PW,PL,TW,CC,CD,
ALLOY WHEELS, 90,000 KMS

\$12,995
2126A

2008 Impreza Sport



AC,PW,PL,TW,CC,CD,
LOADED,36,000 KMS

\$18,995
1076P

2008 Honda CR-V EXL



LOADED! LEATHER,
SUNROOF, 47,000 KMS

\$24,995
7789T

SUBARU DEMO CLEAROUT!

2011 Impreza 2.5i



AC,PW,PL,TW,CC,AW,CD,
5,000 KMS

\$22,490
113188

2011 Impreza Sport



This vehicle was used for the Canada Games. Save big over the price of a new one.

\$21,320

A/C, Power Windows, Power Locks,
LOADED, Sunroof, Alloys, 3,313kms

111751

2011 Impreza Sport



AC,PW,PL,LOADED,HTD SEATS,
ALLOYS, SPOILER, 8,256 KMS

\$23,020
11083

2011 Outback Ltd



NAVI, A/C, PW EVERYTHING,
BLUETOOTH, PW SUNROOF, ALLOYS,
7,000KMS

\$35,120

2011 Impreza Convenience



A/C, PW EVERYTHING,
BLUETOOTH, BLUETOOTH,
2,660 KMS

\$20,420
113028

FEES AND TAXES EXTRA

Steele

SUBARU | DARTMOUTH

670 Portland Street
Dartmouth, NS, B2W 2M8
Ph: 902.466.2835
www.steelesubaru.ca



SUBARU